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THE WHOLE

Chile Pepper

The Magazine of Spicy Foods

Winter 1989

SPECIAL!

CHILI CON CARNE

ISSUE

Chili Cookoff Wars

Whatever Happened
to Cafe Chili?

Evolution of
Chili Con Carne



Bowl 'O Red
Chili



84

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Chile Festival poster comes from the Fourth Street Grill, a hot food restaurant at 1820 Fourth St., Berkeley, CA 94770.



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THE WHOLE Chile Pepper

Winter 1989

Volume III, No. 1

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The Bowl O' Red, a Very Hot Subject

This was a fun issue to put together. People feel very strongly about their chili. In fact, everything about the subject is heated with controversy, from the chili societies that sanction cookoffs, to the proper ingredients that constitute a bowl o' red. Along the way, we found some rather strong opinions.

In This "chili as a dish" issue, we decided not to shy away from the burning subject. People are passionate about their chili cooking, so we feel it is our job to present this world in all its colorful glory.

Chili is not simply another American dish. We already knew that chili and all its trappings, such as cookoffs and challenges, have become a true recreational sport for thousands of chiliheads, but we were surprised to discover that for a hard core contingent, the bowl o' red is an actual lifestyle, complete with traveling chili gypsies who spend the year on the cookoff trail from Massachusetts to Washington state, from Terlingua, Texas to Newport Beach, California. And it's a wild bunch out there, I can assure you.



In our investigation of this burning underworld, we found that interest in chili is growing fast. Last year, over 750,000 people attended one of the 300 plus sanctioned chili cookoffs. And that doesn't account for the plentiful unsanctioned cookoffs! Because of this growing popularity, our next issue will introduce a "Bowl o' Red" column that will cover major cookoffs and unusual aspects of cookoffs such as "The Largest Chili Pot," (over two tons of red) offered each year at the Super Bowl of Chili in Buffalo Gap, Texas.

Here's to the brow-sweatin' bowl o' red!

THE WHOLE *Chile Pepper*

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Letters

from our

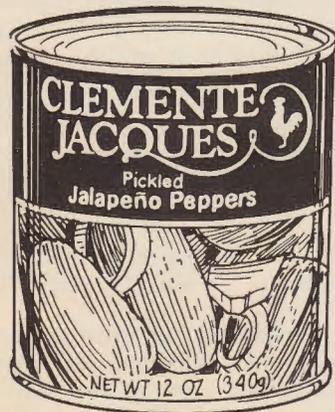
READERS

Gardening info coming up

As a new subscriber to your magazine, I wanted to let you know that I enjoy it very much. I would like to see more on gardening and how to make chile powders. I am also interested in growing chiltecpin peppers and would appreciate hints on growing them from seed and cuttings. Enclosed is an article from the *Wall Street Journal* on chile pepper use in India, thought you might enjoy it. Appreciate your fine magazine and your efforts. Thanks.

Gary Harper
Haltom City, TX

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Dear Gary,

We discussed information from the *Wall Street Journal* in the Hot Flashes section of this issue. Also, our next issue concentrates on gardening, plus our next "Pepper Page" will be devoted to chiltecpins. Ed.

Burning Skin Relief

I read your article on applying vegetable oil to the skin when burns from hot peppers occur.

I had the unfortunate experience of wiping perspiration from my face while picking my hot peppers. A call to the local hospital emergency room and a subsequent transfer of the call to the Peoria Poison Control Center resulted in quick relief from the pain. The Poison Control Center had me apply vegetable shortening to the affected area. It works equally as well as vegetable oil. A person generally has one of them available if not both.

I would also like to add that in addition to my other peppers I tried the new 'SUPER CHILE' this year. It is extremely prolific and I have been picking about a 1/2 bushel every two weeks from a dozen plants. It's a nice addition to the garden. One of my neighbors thought it was a row of flowers.

Peter F. Yancick
Morton, IL

Thanks For Letting Us Know

I'd like to see: More emphasis on international dishes & uses; Growing chiles; More vegetarian recipes; Foods that go well with chile; How about highlighting a chile per issue - jalapeños, chipotles & cayennes have very different uses?

Alison Andelman
Newton, MA

Dear Alison,

Good suggestions! We're adding quite a few of these ideas to future issues. - Ed.

Chile Obsession in Grand Junction

I love your Chile Pepper magazine. Fifteen years ago, I who am pure German, married a Spanish man and learned about chile peppers. Our 4 children were raised on chile. Our fridge always has bowls of both red & green chile ready for warming up and enjoying. My kitchen is adorned with Ristras & neighbors come for blocks when I roast the terrific smelling chiles from Española, NM every year. My husband is from Santa Fe and we go "Home" every year for chile. I have even purchased chile (ceramic) molds. Now I can pour my own and string chile all year round and even make chile jewelry. Ha! Ha! Yes! Yes! I am obsessed with chile peppers.

I even grow a chile garden & can my own salsa. I find I don't enjoy eating out- it's all so ordinary. I must have my chile. My in-laws have a lot of laughs over my obsession but boy do they love to eat at my house.

Chile peppers are the colors of Christmas & that's how they make me feel - just warm & content.

Maggie Esparza
Grand Junction, CO

Pass Me Another Beer

In your spring/summer issue, Louise Jack asked about a salsa recipe to can. Mine is about the same as yours - only when I freeze it, I cut down on the vinegar. I put mine in half pint jars & leave a little head space. It freezes nicely. Once I open a jar, I never let it sit in the fridge more than a week.

When we roast our green chiles, we do it outside on the Bar-B-Que grill. My husband says all you need is a Weber kettle & a couple of cold beers. Then we put them in brown paper bags to sit a while. Some folks might need to know how to roast them.

Joan Edgar
Thornton, CO

Dear Joan,

We will cover the roasting and preserving of chile peppers in detail in our next issue. - Ed.

**Filling up on
Chile Pepper News**

Just received the first issue of my new subscription to *The Whole Chile Pepper* and was greatly impressed. You are to be complimented for fulfilling a need. I had wondered before receiving my issue, how a single topic like chiles could fill out a magazine but you showed me.

Thanks!

William Oakley, Jr.
Shawnee Mission, KS

**Southwestern Fisherman's Chile Chowder
LOVE YOU LOVE YOU LOVE YOU!**

Great Graphics, terrific contents! I have rarely enjoyed a publication so much as yours—the concepts are superb! Keep up the good work!

I'm happy to see more recipes appearing and would love to share one of my favorites with you and your readers...I'm not from the Southwest but I used to be a fisherman and think that chiles and fishes are just the greatest combo!

Carolyn Collins
Crystal Lake, IL

**The Southwestern
Fisherman's Chile Chowder**

The Ingredients:

- Whole pan fish or chunks of a large fish (about 2 lbs.)
- 2-4 cloves of garlic-peeled & halved lengthwise
- 2 large white onions-one coarse chopped, the other quartered
- 4-8 ounces chiles (red, green or mixed as preferred) chopped
- 2 or 3 large tomatoes - chopped (peel & seed if desired)
- 2 large Idaho potatoes- pre-cook to a firm texture & dice
- 2 ounces bacon - finely diced
- fresh cilantro (optional)

The Preparation:

In large saucepan boil 2 quarts of water, the garlic, quartered onion & pinch of salt. Add whole or chunks of fish. (Fish should be gutted, gilled and scaled - leave the heads on)

While fish boil (20 min. or so) prepare the remaining ingredients.

Fry the bacon, add the chopped onion and saute until soft. Add the chiles - shake & stir thoroughly. Add the potatoes and tomatoes - some fresh cilantro and set the chowder aside.

Remove the fish from the stock pot but allow stock to continue simmering. Pull fish from bones, skin and make small chunks or large flakes. Add fish to skillet and return bones to stock to simmer while serving utensiles are assembled.

Return to skillet to low heat. Strain the broth into the fish & chile chowder & simmer for a few minutes. Fill 4-6 soup plates to serve.

TOP EACH PORTION WITH: Caviar Cream Cubes. (Since Carolyn is owner of Carolyn Collins Caviar, she likes to add the Caviar Cream Cubes. If you don't have them, you could add heavy cream to make a creamy chowder).

Spicy CAVIAR PEPPAR is to be used in this recipe - but any Collins caviar of choice may be used - especially the salmon caviar if salmon is used for the above recipe.

CAVIAR CREAM CUBES

In a bowl, blend (with a fork or spoon) equal amounts of Half & Half cream and CAVIAR PEPPAR - example: 4 ounces caviar to 4 ounces cream. Pour into ice-cube trays and freeze. Unmold as needed. (Caviar settles to bottom) When a frozen cube is placed in a hot bowl of soup, the cream melts down into the broth creating an instant cream soup. Eat the caviar as an icy first bite before it gets warm!

Serves: 4-6 Heat Scale: 6

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THE PEPPERS
EVERYTHING TO DO WITH
Chili

Photo by V. Lierz

Hot

FLASHES

Chile Pepper News from around the world

In Memoriam: Roy Nakayama, Chile Pioneer

The staff of the *Whole Chile Pepper* has been saddened by the death on July 11th of Dr. Roy Nakayama, retired professor of horticulture at New Mexico State University. Dr. Nakayama was responsible for breeding the chile peppers which transformed the fiery foods industry from a "mom and pop" operation which grew from 5,550 acres of production in 1970 to a robust commerce producing 23,400 acres last year.

Dr. Nakayama, a native of Dona Ana County, graduated from NMSU in 1948 and later earned a master's degree and doctorate from Iowa State University. He returned to NMSU in 1950 and worked there until his retirement in 1984. Known to some people as "Mr. Chile," Dr. Nakayama developed the Big Jim and NuMex R-Naky varieties. His work produced both hot and mild high-yield chiles of better quality, and additionally his research on pecans led to improved varieties for commercial markets.

He received a citation of appreciation from the New Mexico State Legislature for his devotion to chiles and was chosen as one of the 100 outstanding graduates of the NMSU agricultural college as part of the university's centennial celebration.

"He'd really have to be called the father of the chile industry as we know it today," said B.J. Porter,



Roy Nakayama and Chill Wills, 1988

Courtesy ICS

executive vice president of the New Mexico Farm and Livestock Bureau. "He carried chile research at NMSU for many years and put New Mexico

on the map for its chile production."

Dr. Nakayama will be missed, but his legacy lives on in the pungent pods we relish today.

Hottest City and State Deter

What city is America's hottest? What state offers the greatest wealth of fiery food? Well, the results are in from a partial study conducted by the industry newsletter, *The Fiery Foods Front*. The data is certainly not conclusive, but there were some general trends regarding the geographic areas of fiery food consumption.

The information is based upon a nation-wide study of Yellow Page classifications. Using a compilation produced by American Business Directories, listings of over 2,800 Mexican food restaurants and Mexican food retail product producers were examined. For the sake of simplicity, these companies were referred to as "retailers."

The data were examined on a state-by-state and city-by-city basis, then compared to the population of each area to determine the number of people per Mexican food retailer, thus giving a good indication of the demand for fiery food in each region. The data assume that a state with one retailer per 11,900 people (New Mexico) has a higher per-person consumption of fiery food than one a state with only one Mexican food retailer for every 635,000 people (Ohio).

In the study of the states, New Mexico and Texas ranked at the top of per capita consumption of Mexican food. New Mexico was the hottest state with one retailer per 11,900 residents. Texas was close behind with one outlet for every 13,700 Texans. These results are not surprising to those who sell fiery foods in the Southwest, but other figures were totally unexpected. California, despite its proximity to Mexico, ranked a weak 11th, with only one retailer for every 53,000 residents. The southern area of that state was

stronger than the northern part, as might be expected.



On the high side, it was startling to discover that Kansas ranked third, with one retailer for every 17,200 people. Things must be heating up in the Midwest. But even with a strong Kansas showing, the bulk of the hottest Mexican food states are in the West.

In the city-by-city study, two New Mexico cities took the top spots. Santa Fe ranked as the top fiery food city in the country, with one retailer for every 4890 residents. Las Cruces was close behind, with one outlet per 5,000 people. Austin, Texas, in the heart of armadillo country, came in third with one hot retailer per 6,700 residents.

The Midwest again provided surprises in the city study, with

Wichita, Kansas, landing in 7th place with one retailer per 9,100 people. Similarly, Des Moines, Iowa was surprising with one outlet per 12,000 people, beating out such hot cities as Dallas, Albuquerque, Tucson, and Houston.

While studying the accompanying charts, readers should keep in mind that the data are not complete. A truly comprehensive study of the geography of fiery food markets would need to go beyond Mexican food retailers and include Thai restaurants, East Indian restaurants and products, Hunan and Sichuan restaurants and markets, Caribbean and Cajun food, and "New Southwestern" restaurants and products. Although Mexican food currently constitutes a large portion of the chile pepper market, they are beginning to appear in other market segments. For example, chiles as an ingredient in Italian food are starting to appear in restaurants and food magazine articles.

The study also does not take into account the economic aspect of the retailers. If the annual revenue of all 2,800 retailers could be calculated, the overall dollars spent in each region could be determined. This data could help give a clearer picture of the entire fiery foods market. For instance, it is likely that the Kansas retailers are selling less per outlet than the California retailers. If this supposition is true, the Kansas market may appear to be larger than California but in economic terms it may be smaller.

Since the figures are on a per capita basis, it should be noted that because of its huge population, California is by far the largest fiery food market, with Texas close behind.

mined

THE 12 HOTTEST STATES IN THE U.S.

State	No. of Residents Per Retail Outlet
1. New Mexico	11,900
2. Texas	13,700
3. Kansas	17,200
4. Oklahoma	17,600
5. Arizona	23,800
6. Arkansas	26,500
7. Colorado	38,000
8. Montana	43,000
9. Iowa	47,000
10. Washington	49,000
11. California	53,000
12. Idaho	55,000

THE 15 HOTTEST CITIES IN THE U.S. City

State	No. of Residents Per Retail Outlet
1. Santa Fe, NM	4,890
2. Las Cruces, NM	5,000
3. Austin, TX	6,700
4. Corpus Christi, TX	7,000
5. San Antonio, TX	8,300
6. El Paso, TX	9,000
7. Wichita, KS	9,100
8. Des Moines, IA	12,000
9. Dallas, TX	12,700
10. Albuquerque, NM	13,000
11. Oklahoma City, OK	13,800
12. Tucson, AZ	14,000
13. Tulsa, OK	14,400
14. Seattle, WA	16,000
15. Houston, TX	20,000

Bizarre Chile Pepper Recipes, Continued

Responses continue to pour in to the offices of the *WCP* about our contest in the Spring, 1988 issue which offered gift subscriptions for information about Spanish spicy eels (**anguilas**) and a turtle egg-chile concoction from Mexico. Florence Mestman of Beverly Hills was the first reader to send us a recipe for **anguilas**, which was published in our last issue, Fall, 1988.

Since that time, Joan Bulkley of Humboldt, Arizona, and Laura Eanes of Nashua, New Hampshire, have both sent us similar hot eel recipes. To them we will also award one-year gift subscriptions to *The Whole Chile Pepper* magazine. Joan writes: "The taste (of the eels) is sharp and strong with garlic, pricked by the taste of hot pepper—not quite land and not quite sea, but something wonderful in between." Laura from New Hampshire notes:

"We are hunting for more bizarre recipes. Give us hot stuff!"

On the turtle egg front, Michael Hanlon of Tucson, Arizona, tells us: "The mystery concoction served in Mexico City's open-air **mercado** consisting of turtle eggs dressed with lemon juice and chopped serrano chiles is called **corrales** and I had the 'pleasure' of trying this dish in Acapulco last year. It is a rarity and had to be ordered two days in advance. I'm sorry, but I don't remember the name of the restaurant."

Come on, Michael—did you enjoy those **huevos tortugas**? Oh well, let's give him a gift subscription too. Remember, fiery folks, the *WCP* will award a one-year gift subscription to readers who provide us with truly bizarre chile pepper recipes.

IS GUNTUR, INDIA, THE CHILE CAPITAL OF THE ENTIRE WORLD?

According to the *Wall Street Journal*, the city of Guntur, India, may well be the hottest city in the world, even eclipsing those in the United States and Mexico. The financial newspaper sent reporter Anthony Spaeth to India to check out this claim, and his report in the June 30, 1988 issue was shocking to say the least.

"In Guntur," he wrote, "salted chiles are eaten for breakfast. Snacks are batter-fried chiles with chile sauce. The town's culinary pride are fruits and vegetables preserved in oil

and chile, particularly its **karapo** pickles: red chiles pickled in chile."

Legend and lore about chiles figure prominently in the culture of Guntur. The people often dream about them, and they believe that hot tempers arise from heavy chile eating and that chiles increase sexual desire. Children begin to eat chile at age five and quickly build up an incredible tolerance.

"Chile is so ingrained in the culture of Guntur that an event like a chile-eating contest would be a silly redundancy," observed Spaeth.

Cajun Cola Packs a Pepper Punch



There is a seemingly endless process whereby American entrepreneurs are adding chile peppers to every conceivable food and drink, including wine, vodka, honey, caviar, jams, lollipops, ice cream—okay, okay, we'll stop. The latest addition to this pungent pantry is Cajun Cola, which is a spicy soft drink produced by the Canfield Corporation, the people who brought us diet chocolate fudge soda and diet cherry chocolate cola.

Cajun Cola was the brainchild of Richard Duhe of Shreveport, Louisiana, who used a trial and error process, plus many of the spices in his own kitchen, to come up with just the right flavor combination. He then took his idea to Alan Canfield, who liked it so much he assigned his staff chemist to perfect the formula—which is secret, of course. But here's a hint—it tastes strongly of cola, cinnamon, and tabasco chiles.

POD POURRI

According to *Herbal Gram*, the official publication of the Herb Research Association, capsaicin from chile peppers fed to rats along with a 30% saturated fat diet lowered weight gain and triglyceride levels in the liver and blood—good news for victims of clogged arteries.... Musician Marshall Crenshaw, quoted in *Rolling Stone* magazine, declares

that Bob Dylan has joined the ranks of chileheads. Crenshaw was asked about rehearsing with Dylan and reported: "He told me to eat hot peppers. He said, 'If you remember to eat hot peppers every day, you'll never get sick....'" Reports from south of the border say that record jalapeño crops in Mexico this year have resulted in processors buying the fiery fruits for 200 pesos per kilo in the field—roughly 5 cents per pound. The average price of pickled Mexican jalapeños in the salad bars of Texas restaurants is 10 cents each....

Power to

They came to stoke the fire.

Chile lovers with products to push gathered the weekend of September 9-11 at the El Paso Airport Hilton for the first National Fiery Foods Show, a pepper pageant with a dual purpose. Show producers Dave DeWitt of Albuquerque and Dave Schrader of El Paso sought solidarity within the fiery foods industry and mass exposure to the creative expressions that arise from the chile—like the phoenix from the fire.

Among them: salsas and sauces, jams and jellies, caviar and cookies, chips and dips, curries and chutneys, napkins and notecards, coffee mugs and cookbooks, exotic chiles and instant mixes, jalapeño wine and buffalo burritos, gift packs and corn snacks, T-shirts and tie tacks, and cast brass door handles with matching knockers. Forty booths blocked off a maze of chiledom, mostly from New Mexico, with representation from Texas, Arizona, California, Colorado, Ohio, New York, Illinois, and Washington, D.C.

From the nation's capital came Patrick Dwyer with his "11 on a scale of 1 to 10" chile sauce called "Not For Wimps." Dwyer claimed: "I sent some to George Bush, but he sent it back...unopened."

There were big guys there, like Baltimore Spice Company with its new line of dried jalapeño spice, Nuevo Caliente. Bueno Foods of Albuquerque handed out samples of their new Fiesta Rolls. Cookbook author Jane Butler signed copies of her fiery food books while campaigning for her products from Pecos Valley Spice Company. Carolyn Collins dared show participants to taste her chile caviar.

the Pod: The Hottest Show on Earth

by Susan Stiger, Food Editor, *Albuquerque Journal*



chips with salsa, a sure-fire favorite for upper-crust yuppies.

There were brand-new businesses there, like Cindy's Bite-Size Bakery, which offers five varieties of cookies, no bigger than coat buttons, powerfully flavored with anise, pinons, coffee, pecans, and, of course, chocolate with red chiles. Domingo and the Gringo, from Chandler, Arizona, gave generous tastings of their Jalapeño Wine, a white grape concoction from San Antonio Winery in Los Angeles, spiked with chiles. Dr. Keith Shepherd, the gringo of the partnership, says the wine has the flavor of the jalapeño without the fire.

In addition to the product tastings, filmmaker Pacho Lane showed clips of his fiery film in progress, *The Chile Pepper Movie*, and various industry experts spoke on recent trends from growing to marketing fiery food products. The winner of the Best Salsa in Show was a hot green chile salsa from OG's Tortilla Factory, 2010 New Mexico Avenue, Las Vegas, New Mexico 87701 (505-425-6431). There was also a trade-only Mariachi Reception Friday night which was so popular that the exhibitors contributed money to bring back the musicians on Sunday. "We wanted everyone to have fun as well as to do business," said show co-producer Dave Schrader, who hinted that the most likely location for the 1989 Fiery Foods Show was Austin, Texas. The producers can be contacted at Sunbelt Shows, P.O. Box 4980, Albuquerque, NM 87196 (505-873-2187).

which a marinade of Absolut Peppar vodka mixed with chiles and salt infuses the fish roe with a bang of a bite. Collins served the stuff on blue corn

The Evolution of

by Dave DeWitt and Nancy Gerlach



Everything about chili con carne generates some sort of controversy—the spelling of the name, the origin and history of the dish, the proper ingredients for a great recipe, the awesome society and cookoff rivalries,

and even what the future holds for the bowl o' red. Perhaps the fiery nature of the dish is responsible for such controversy, driving usually rational men and women into frenzies when their conception of the truth is challenged.

Chili Con Carne



As far as the spelling of the dish is concerned, etymologists (those who study words, not insects) tell us that there is enormous confusion about the terms which describe the Capsicums and the recipes prepared with them. For the

past ten years, writers who must use these terms quite often have reached an informal agreement: **chile**, the original Spanish-Mexican spelling, refers to the plant and the pod, while **chili** is an

Continued on page 16.



PORK IN ADOBO SAUCE

Although very similar to chili con carne, adobos usually contain vinegar — an ingredient not found in very many chilis.

- 4 pasilla chiles, stems and seeds removed
- 4 dried red chiles, stems and seeds removed
- 2 pounds pork, cut in 1-inch cubes
- 2 medium onions, chopped
- 3 cloves garlic, chopped
- Water
- 1/2 teaspoon dried oregano, crushed
- 1/2 teaspoon ground cumin
- 2 Tablespoons red wine vinegar
- 3 Tablespoons oil
- Salt and pepper to taste

Cover the chiles with water and simmer for 15 minutes or until soft. Drain.

Cover the pork, 1/2 the onions, and 1/2 the garlic with water. Bring to a boil, reduce the heat, cover and simmer until the meat is tender, about 1 1/2 hours. Remove the pork, strain the stock, and reserve.

Place the chiles, remaining onions and garlic, oregano, cumin, and vinegar in a blender and puree until smooth. Add some of the stock if necessary.

Saute the chile mixture in the oil, stirring constantly for 5 minutes. Thin the mixture with 1 1/2 cups of the reserved stock, add the pork to the sauce and simmer over a low heat for 30 minutes. The sauce should be very thick.

Serves: 6

Heat Scale: 5

abbreviated form of **chili con carne**, which is a curious combination of the Anglicized **chili** (from **chile**) and **carne**, Spanish for "meat."

By having **chile** refer to the plant and **pod** and **chili** refer to the dish, some attempt has been made to clarify the issue. In 1983 Senator Pete Dominici (R-NM) urged Congress that **chile** was the correct spelling, and later that year the Albuquerque Journal announced: "Henceforth and hereinafter, the spelling of the word...will have an 'e' on the end. The only time we will use 'i' will be when we quote the written word of some Texan."

So far, the Associated Press and a number of publishers of books and magazines have followed suit. This magazine is called *The Whole Chile Pepper* because we are concerned with foods and lore related to the pod in general and not simply variations on a single dish made with the pod. The one exception is this issue, which is devoted mostly to **chili con carne**.

Another endlessly debated controversy is the origin of the bowl

HATCH
translation
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Hatch, NM 87937

o' red itself. Although archaeological evidence indicating that chile peppers evolved in Mexico and South America, most writers on the subject state flatly that chili did not originate in Mexico. Even Mexico disclaims chili; one Mexican dictionary defines it as: "A detestable dish sold from Texas to New York City and erroneously described as Mexican."

Despite such protestations, the combination of meat and chile peppers in stew-like concoctions is not uncommon in Mexican cooking. Elizabeth Lambert Ortiz, in her book *The Complete Book of Mexican Cooking* has a recipe for Chile con Carne made with ancho chiles which she describes as "In authentic northern Mexican style of cooking... as distinct from the version that developed in Texas." Mexican **caldillos** (thick soups or stews), **moles** (meaning "mixture"), and **adobos** (thick sauces) often resemble chili con carne in both appearance and taste because they all sometimes use similar ingredients: various types

Continued on page 18.



CALDILLO DE DURANGUENSE

Durango Stew This thick and hearty stew from the Northern state of Mexico closely resembles chili con carne. We use pork in our version but beef or even shredded beef can be used.

- 8 ancho chiles, stems and seeds removed
- 2 to 3 pounds boneless pork, cut into 1/2-inch cubes
- 3 Tablespoons oil
- 1 large onion, chopped
- 2 cloves garlic, chopped
- 2 teaspoons flour
- 2 large tomatoes, peeled and chopped
- 2 to 3 cups beef stock
- 1/4 teaspoon dried oregano
- 2 Tablespoons lemon juice
- Salt and pepper to taste

Cover the chiles with water and simmer them for 15 minutes until they are soft. Puree them in a blender along with water until smooth.

Brown the beef in the oil. Add the onions and garlic and saute until soft. Add the flour and quickly brown, being careful that it does not burn.

Add the chile puree and tomatoes, bring to a boil, reduce the heat and simmer for 15 minutes.

Add the beef stock and oregano. Cover the pan and simmer until the meat is tender, about 1 1/2 hours. (The meat should be tender and the gravy "soupy".)

Before serving, stir in the lemon juice.

Serves: 6

Heat Scale: 4

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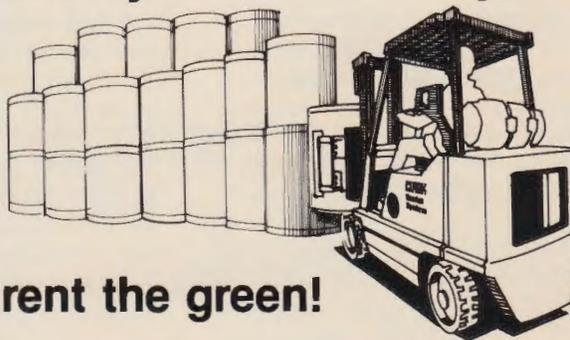
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MOLE DE OLLA — Kettle Stew

Most people associate mole with the famous chocolate mole—mole poblano—but the word refers to a mixture or stew. Actually, mole would more aptly apply to the process of pureeing the chiles and spices and then heating them in hot oil or fat.

- 4 ancho chiles, stems and seeds removed (or substitute dried red Anaheim pods)
- 3 canned chipotle chiles (smoked jalapenos)
- 2 pounds beef sirloin, cut in 1 1/2-inch cubes
- 3 Tablespoons oil
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 4 black peppercorns
- 1 slice white bread
- 3 cups beef broth
- 1 cup potatoes, cubed
- 1 cup corn
- Salt and pepper to taste

Cover the anchos with water and simmer for 15 minutes until soft. Drain. Brown the meat in the oil, remove and drain.

Add the onions and garlic to the oil and saute until browned.

Place the chiles, onions, garlic, and spices in a blender and puree into a smooth paste. Add the bread and 1 cup of broth and blend again.

Heat the oil and fry the chile paste, stirring constantly, for 5 minutes.

Add the beef, potatoes, corn, and remaining broth to the chile mixture and simmer for an hour or more until the meat is tender and the potatoes are done. Add more water if necessary.

Serves: 4 to 6

Heat Scale: 5

RED CHILE STEW

When you order "chili" in New Mexico, this is what you will be served. It is a basic recipe that has its roots in very old Pueblo Indian cooking. Beef can also be substituted in this recipe.

- 6 to 8 dried red chiles, stems removed
- 2 pounds pork, cut into 1 1/2-inch cubes
- 2 Tablespoons oil
- 3 cloves garlic, minced
- 3 cups water or beef broth
- Salt to taste

Place chiles on a sheet pan in a 250 degree oven and toast for 15 minutes, being careful not to let them burn. Place the chiles in a saucepan, cover with water and simmer for 15 minutes until soft. Place in a blender, with the water, and puree until smooth.

Brown the pork in the oil. Add the garlic and saute. Pour off any excess fat.

Combine the chile mixture, pork and remaining water, bring to a boil, reduce the heat and simmer until the pork is very tender and starts to fall apart, at least 2 hours.

Serves: 6

Heat Scale: 7

Author's Note: Thanks to Frank Jennings of San Antonio for providing valuable information for this article.

of chiles combined with meat (usually beef), onions, garlic, cumin, and occasionally tomatoes.

But chili con carne fanatics are not satisfied with such mundane possibilities. In her best-selling book *Chili Madness*, Jane Butel tells a strange tale about the possible origin of chili. The story of the "lady in blue" tells of Sister Mary of Agreda, a Spanish nun in the early 1600s who never left her convent in Spain but nonetheless had out-of-body experiences during which her spirit would be transported across the Atlantic to preach Christianity to the Indians. After one of the return trips, her spirit wrote down the first recipe for chili con carne, which the Indians gave her: chile peppers, venison, onions, and tomatoes.

Less fanciful is an account given by Martina and William Neely, authors of the *Official Chili Cookbook*. They suggest that Canary Islanders, transplanted to San Antonio as early as 1723, used local peppers and wild onions combined with various meats to create early chili combinations.

E. De Grolyer, a scholar, chili aficionado, and multi-millionaire, believed that Texas chili con carne had its origins as the "pemmican of the Southwest" in the late 1840s. According to De Grolyer, Texans pounded together dried beef, beef fat, and chiltecpins (chili piquins), and salt to make trail food for the long ride out to San Francisco and the gold fields. The concentrated, dried mixture was then boiled in pots along the trail as sort of an "instant chili."

A variation on this theory holds that cowboys invented chile while driving cattle along the lengthy and lonely trails. Supposedly, range cooks would plant oregano, chiles, and onions among patches of mesquite to protect them from cattle. The next time they passed along the same trail, they would collect the spices, combine them with beef (what else?) and make a dish called "trail drive chili." Undoubtedly, the chiles used with the earliest incarnations of chili con carne were the wild **chiltecpines**, called "chilipiquins" in Texas, which grow wild on bushes—particularly in the southern part of the state.

Probably the most likely explanation for the origin of chili con carne in Texas comes from the heritage of Mexican food combined with the rigors of life on the Texas frontier. Most historians agree that the earliest written description of chili came from J. C. Clopper, who lived near Houston. He wrote of visiting San Antonio in 1828: "When they (poor families of San Antonio) have to pay for their meat



ORIGINAL SAN ANTONIO CHILI

According to legend, this is one of the "Chili Queen's" original recipes. Some changes have been made in order to take advantage of modern ingredients.

4 ancho chiles, stems and seeds removed, chopped fine
1 serrano chile, stems and seeds removed, chopped fine
6 dried red chiles, stems and seeds removed, chopped fine
2 pounds beef shoulder, cut into 1/2-inch cubes
1 pound pork shoulder, cut into 1/2-inch cubes
1/4 cup suet
1/4 cup pork fat
Flour for dredging
3 medium onions, chopped
6 cloves garlic, minced
1 quart water
1 Tablespoon comino seeds, freshly ground
2 Tablespoons Mexican oregano
Salt to taste

Chili Queens were banned from San Antonio in 1937

Lightly flour the beef and pork cubes. Quickly cook in the suet and pork fat, stirring often. Add the onions and garlic and saute until they are tender and limp. Add water to the mixture and simmer for 1 hour.

Grind the chiles in a molcajete* or blender. Add to the meat mixture. Add the remaining ingredients and simmer for an additional 2 hours.

Remove suet casing and skim off some fat. NEVER COOK FRIJOLETS (beans) WITH CHILES AND MEAT. Serve as a separate dish.

Serves: 6

Heat Scale: 4

*Molcajete is a Mexican mortar and pestle.

in the market, a very little is made to suffice for the family; it is generally cut into a kind of hash with nearly as many peppers as there are pieces of meat—this is all stewed together."

Except for this one quote, which does not mention the dish by name, historians of heat can find no documented evidence of chili in Texas before 1880. Around that time in San Antonio, a municipal market—El Mercado—was operating in Military Plaza. Historian Charles Ramsdell noted that "the first rickety chili stands" were set up in this marketplace, with the bowls of red sold by women who were called "chili queens."

"The legendary chili queens," wrote Ramsdell, "beautiful, bantering, but virtuous, made their first appearance. All night long they cooked, served, and flirted in the picturesque flare from hand-hammered tin lanterns, in the savory haze rising from clay vessels on charcoal braziers."

A bowl o' red cost visitors like O. Henry and Williams Jennings Bryan a mere dime and was served with bread and a glass of water. O. Henry later wrote a short story about the chili stands entitled "The Enchanted Kiss." In it, a young San Antonio drugstore clerk eats chili in the mercado and hallucinates that he is the former captain of the Spanish army in Mexico who has remained immortal since 1519 by eating chili con carne!

The fame of chili con carne began to spread and the dish soon became a major tourist attraction, making its appearance in Mexican restaurants all over Texas—and elsewhere. At the World's Fair in Chicago in 1893, a bowl o' red was available at the "San Antonio Chili Stand."

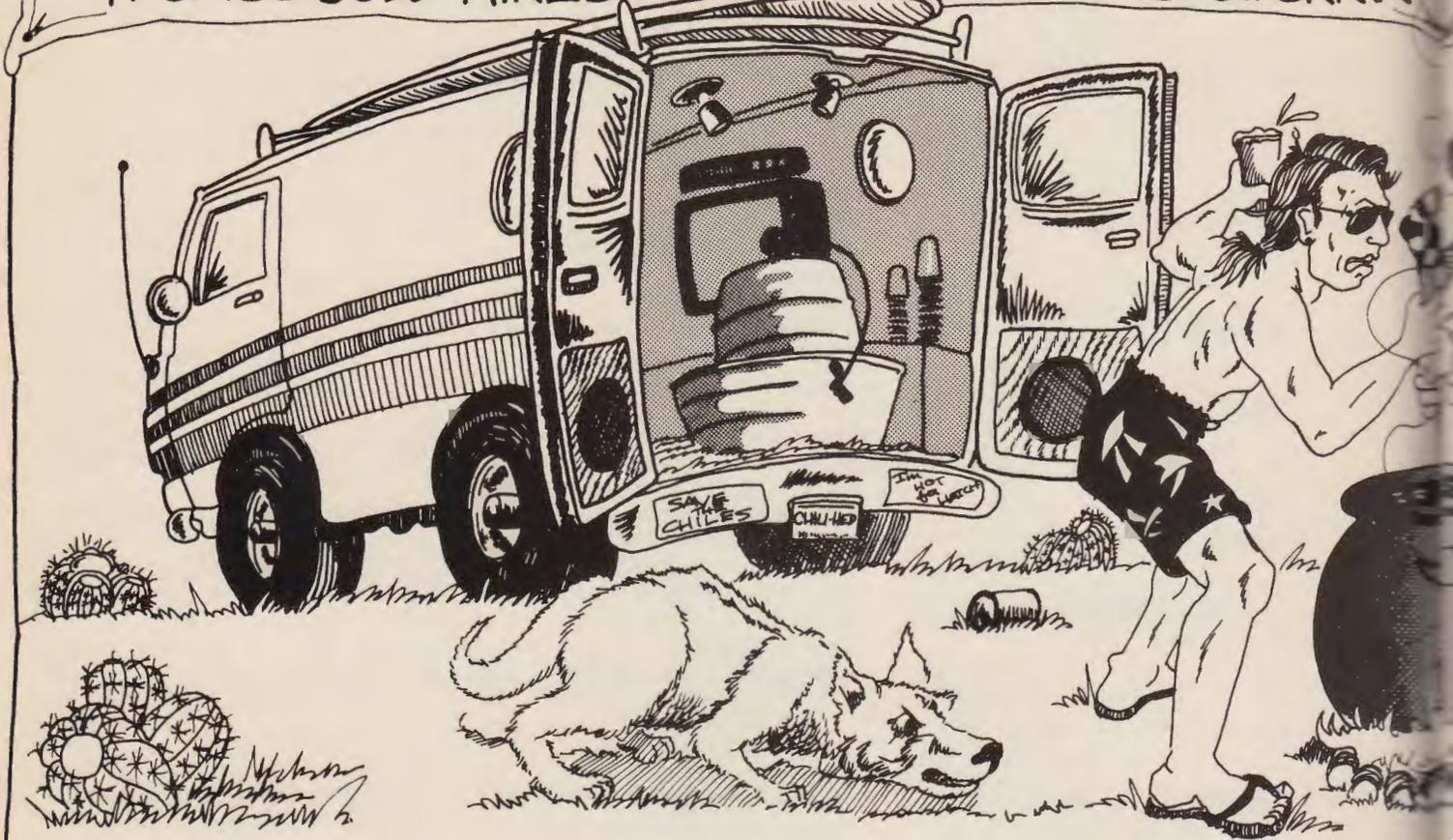
Given the popularity of the dish, some commercialization of it was inevitable. In 1898, William Gebhardt of New Braunfels, Texas, produced the first canned chili con carne, which appeared in San

Antonio under the Gebhardt brand, a name still in existence today.

The chili queens were banned from San Antonio in 1937 for health reasons—public officials objected to flies and poorly washed dishes. They were restored by Mayor Maury Maverick (a real name, folks) in 1939, but their stands were closed again shortly after the start of World War II. But Texans have never forgotten their culinary heritage, and in 1977 the Texas Legislature proclaimed chili con carne to be the "Official Texas State Dish."

Recently, San Antonio has been staging what they call "historic reenactments" of the chili queens, complete with some of the original queens like songstress Lydia Mendoza, who would serenade the chili eaters. The "Return of the Chili Queens Festival," held each year in Market Square recreates the era of the chili queens and celebrates the dish that, no matter what its origin, will live forever in the hearts, minds, and stomachs of Texans. ♪

The
THE INTERNATIONAL CHILI SOCIETY
PRESENTS
1989 CHAMPIONSHIP CHILI COOKOFF
TROPICO GOLD MINES CALIFORNIA



The Great Chili

Every year there are literally hundreds of chili con carne cookoffs all over the United States, with thousands of chiliheads competing for cash prizes while helping to raise money for various charities. These cookoffs are sanctioned by just two societies: the Chili Appreciation Society, International (CASI) headquartered in Texas, and the International Chili Society (ICS), with offices in California.

Once upon a time, these two societies were one. Now they are heated rivals, each attempting to outdo the other in the quality of their chili and the amount of publicity they can garner. In this article we explore the history of this rivalry and the nature of each society's chili creations.

Part I features CASI and was written by Jo Ann Horton, editor of the *Goat Gap Gazette*, the publication of



THE CHILI APPRECIATION SOCIETY, INTERNATIONAL
PRESENTS
"THE BIG ONE"
22nd ANNUAL CHILI COOKOFF TERLINGUA, TX.



Chili Cookoff Clash

the Chili Appreciation Society, International. She confessed she "sweated blood over this sucker." Part II concerns ICS and was compiled by Jim West, editor of *Chili*, the official publication of the International Chili Society, with a whole heap o' help from ICS Historian Ormly Gumfudgin and assistance from the editorial staff of *The Whole Chile Pepper*.

At the end of each section are five

chili recipes which won the top annual award of each society. They have been standardized and edited into our Whole Chile Pepper recipe format by food editor Nancy Gerlach. Thus our readers can settle this competition for themselves by preparing and comparing these recipes. We welcome comments and letters regarding the CASI-ICS great chili rivalry.

Continued on page 22.





JUDGE ARLY P. HAFAZZ CHILI

From Bob Moore, CASI Chili Champ 1980 at Terlingua, Texas.

- 11 Tablespoons unblended chili powder (he grinds his own with various Mexican chiles)*
- 5 Tablespoons paprika
- 1/4 teaspoon ground japones, arbol, or cayenne chile (for additional heat)
- 5 pounds boneless sirloin tip roast or a good shoulder cut
- 4 Tablespoons kidney fat, minced
- 2 medium white onions, minced
- 1-12 oz. can beer
- 1-8 oz. can tomato sauce
- 8 oz. hot water
- 10 oz. beef stock
- 6 large cloves garlic, mashed with 1 tablespoon oil until puree is formed
- 2 teaspoons salt
- 1 Tablespoon flavor enhancer (Accent)
- 1 1/2 teaspoons white pepper
- 5 1/2 teaspoons fine grind cumin (from Mexico)*
- 1 teaspoon dried oregano

Brown the meat with the rendered kidney fat until gray in color. (He browns about 2 pounds of meat at a time with 1 tablespoon rendered kidney fat.) Return the meat and natural juices to the cooking pot.

Saute onions in 1 tablespoon rendered kidney fat until translucent. Return to the pot.

Add the beer, tomato sauce, hot water, beef stock, 1/2 the mashed garlic mixture, 2 tablespoons paprika, 1 teaspoon salt, flavor enhancer, and 1 teaspoon pepper. Simmer over a low heat 2 hours until the meat is tender. Be sure the pot has a tight lid as this will help the tenderizing process. Stir occasionally.

When the meat is tender, add the remaining garlic mixture, unblended chili powder, cumin, 3 tablespoons paprika, oregano, 1 teaspoon salt, 1/2 teaspoon pepper and the japones chile.

Continue cooking 15 more minutes. Turn the heat off and let sit for 1-2 hours so the flavor of the spices is absorbed.

After resting for 1-2 hours, turn heat back on and continue to simmer for 1 more hour. Total cooking time is 3 hours 15 minutes.

Serves: 10 with hearty appetities.

*If you don't want to make your own chili powder, Bob suggests you use 10 tablespoons of a good commercial chili powder, cut the cumin down to 2 1/2 tablespoons, cut the paprika to 2 tablespoons and omit the oregano.

COMMUNITY CHILI

From Jim Ivy, CASI Champion 1985, from Irving, Texas.

- 4 Tablespoons chili powder
- 1/2 teaspoon cayenne pepper
- 1 teaspoon paprika
- 3 jalapeños
- 3 pounds chuck tender, cubed
- 1-8 oz. can tomato sauce
- 1 medium onion, chopped
- 3 Tablespoons cumin
- 1 teaspoon garlic powder
- 1/2 teaspoon oregano
- 1 teaspoon monosodium glutamate (MSG), optional
- 1 teaspoon black pepper

Put meat, onion and tomato sauce in a large pot with water to cover. Wash and prick the jalapeños and drop them in whole. Add 1 tablespoon each of chili powder and cumin. Bring to a boil, cover and reduce heat. Cook until the meat is tender, about 2 to 2 1/2 hours.

Remove the jalapeños and mash them through a strainer. Throw away the pulp and add the juice to the chili.

Put the remaining spices in a cup or bowl with a lid and shake to mix. Put about half the mixture in the pot about 30 minutes before the chili is done.

Add the remaining spices about 15 minutes before the chili is done. Serves: 6

Part I

The Chili Appreciation Society, International— A History, Sorta

by Jo Ann Horton

The Chili Appreciation Society was formed in 1951 by George Haddaway and Jim Fuller to "improve the quality of chili in restaurants and broadcast Texas-style recipes all over the earth." When chapters began to form in other countries, the "International" was added to the name.

It was a non-dues-paying organization and members did their own secretarial work. Their bible was *With or Without Beans* by Joe Cooper of Dallas, which is now out of print. The Society slogan was: "The aroma of good chili should generate rapture akin to a lover's kiss." The organization was headquartered in Dallas.

The Society's chapters had luncheon or dinner meetings about once a month over steaming bowls of red. Their "missionary endeavors" would be discussed and members spent a lot of time answering letters from all over the world and sending out "approved" recipes to those who requested them. Vats of chili were even packed in dry ice and shipped to chili-starved members in Europe.

Haddaway—as Chief Chilihead—and a crew of Society members traveled to Mexico City to help start a new chapter. They signed up more than fifty new members there, all of whom raved enthusiastically about Chief Chili Cook Wick Fowler's chili.

By 1964 Haddaway and his honchos loaded up on Texas chili ingredients and headed for Los Angeles to establish a California chapter, which was duly installed at the Airport Marina Hotel. The Californians liked the chili and the Society, but warned the inexperienced: "Real chili con carne is not for sissies. Fowler's Four-Alarm Chili is reputed to open 18 sinus cavities unknown to the medical profession."

Fowler went even further afield in his missionary work when, as a war correspondent, he took along a big supply of chile peppers and spices to Vietnam. There, he prepared and served the fiery brew to front-line troops. He said later that water buffalo meat made great chili.

The first Terlingua cookoff, held in 1967, was a fun promotion for Frank X. Tolbert's book, *A Bowl of Red*, and land sales in that area for David Witts and Carroll Shelby. Tom Tierney, a public relations man, and Frank Tolbert dreamed up the idea and chose Wick Fowler (inventor of Two-Alarm Chili Mix), and Dave Chasen of Beverly Hills as the combatants. Chasen became ill and humorist H. Allen Smith was chosen to replace him after Smith wrote an article entitled "Nobody Knows More About Chili Than I Do," which was published in a 1967 issue of *Holiday Magazine*.

Because of the remoteness of the location, nobody thought spectators would come, but 209 chapters of CASI were represented. They flew into Chiracahua Ranch and came in school buses to Terlingua. Judges for the first event were Hallie Stillwell, who voted for "Soupy" Smith; Floyd Schneider of Lone Star Beer, who voted for Fowler's chili; and attorney David Witts. Witts tasted Smith's chili, said his taste buds were paralyzed and declared he could not break the tie. The contest was called a draw by the referee, Frank Tolbert. Over 1,000 spectators attended.

In 1968, the second cookoff at Terlingua was also declared a draw by Tolbert. He had no choice—the ballot box was stolen by masked men with guns who threw it into an outhouse located over a mine shaft.

The third world championship saw C. V. Wood of California declared the winner over Wick Fowler. The third contestant, Wino Woody DeSilva, fell into his huge "chili wok" and the judges didn't want to taste his chili. Judges were said to be influenced by the bevy of starlets Wood had imported from California.



JOHN BILLY'S CHILI

From John Billy Murray, CASI Champion 1984, from Humble, Texas.

- 4 heaping Tablespoons chili powder
- 1 heaping Tablespoon ground chile or 1 large ancho chile, softened and peeled*
- 3/8 teaspoon paprika
- 1 large or 2 small jalapeños, seeded, stems removed, cut in half
- 2 Tablespoons rendered beef kidney suet, chopped, or the same amount of vegetable oil
- 2 pounds beef chuck tender, cut in sugar-cube-sized chunks
- 1 medium onion, finely chopped
- 4 large cloves garlic
- 1 Tablespoon garlic powder
- 1/2 Tablespoon monosodium glutamate (optional)
- 1/2 Tablespoon salt
- 3/4 cup or more beef bouillon or broth
- 1-8 oz. can tomato sauce
- 2 Tablespoons cumin
- White pepper to taste, about 1 to 1 1/2 Tablespoons

In a large stainless steel pot, render enough fat from the suet to make approximately 2 tablespoons of fat. Remove the suet and discard. Add the beef cubes and cook over a high heat until the meat turns gray.

Add the onion, garlic cloves, garlic powder, 1/4 tablespoon MSG, 1/4 tablespoon salt and the beef bouillon. Cover and cook over medium heat at a rapid boil until the meat is tender, about 45 minutes. (The meat should be tender enough to squeeze flat between your fingers without bouncing back.)

Reduce the heat, add the tomato sauce, cover and simmer for 15 minutes. If desired, remove the garlic or mash the cloves and incorporate into the chili. Add the remaining MSG and salt, chili powder, ancho chile, cumin, paprika, white pepper and jalapeño halves. Cover and simmer an additional 45 minutes, stirring frequently.

Add additional broth (or liquid from softened ancho) very sparingly as needed during remaining cooking time, to prevent meat from cooking dry. At the end of the cooking time, remove jalapeños and discard. Chili should be of a thick consistency, so that a 10-inch wooden spoon will stand upright in it, and then sink slowly to the bottom.

Yield: 2 1/2 quarts

Serves: 10-12

*To soften dried ancho chile: Seed and stem the pod and place under a broiler to blacken the skin. Soak blackened chile in warm water for 10-15 minutes. Scrape pulp from the skin and discard the skin. Use softened chile as indicated above.

Wick Fowler finally won in 1970. C. V. Wood brought more girls and a double-decker bus, wore a crown of chile peppers and robes with fur, but declined to cook. That year marked the first time women were allowed to compete, and H. Allen Smith had Janice Constantine of Midland, Texas, arrested for "trying to cook chili while then and there being a female person." It didn't work. Over 5,000 spectators were on hand.

In 1972 Fred McMurry of Houston attended a CASI meeting

in Dallas and then returned to Houston determined to form a CASI "Pod," as he called it. His friends Allegani Jani and Tex Shofield assisted in signing up members and getting Fred elected "Great Pepper."

From that moment on, CASI changed forever. Things began to get organized. Other Pods were formed but for a while there were so few cookoffs that people flocked to every event announced, no matter how far away they lived. But

Continued on page 24.



HOT PANTS CHILI

From Allegani Jani Schofield, CASI Chili Champ 1974, from Fredericksburg, Texas.

- 3 teaspoon mole paste
- 1 teaspoon Tabasco sauce
- 4 jalapeños, chopped
- 4 pounds beef stew meat, ground once
- 3 onions, chopped
- 2 Tablespoons oil
- 2 heaping teaspoons comino seeds
- 6 cloves garlic
- 1 can tomatoes
- 1 teaspoon sugar
- 1/2 can beer
- 2 packs Vanco chili seasoning
- 1 small pack Vanco chili powder
- 1 quart water
- 1 teaspoon salt
- 1/2 cup masa*
- Salt & pepper to taste

Brown the meat and onions in the oil. Season with salt and pepper to taste.

Using a molcajete**, grind the comino seeds and the garlic with a little water and add to the meat.

In a blender, combine the tomatoes, sugar, beer, chili seasoning, and chili powder and puree. Add the mixture to the meat.

Add the mole paste, Tabasco, teaspoon of salt, water and jalapeños and cook for 2 1/2 hours, stirring well from time to time.

At the end of the cooking time, make a runny paste of masa and water and add to the chili while stirring fast. This will thicken the chili, but stir fast or it will be lumpy. Cook 1/2 hour more.

Serves: 6

*Masa is a flour made from dried ground corn. Available at Hispanic markets.

**A molcajete is a Mexican mortar and pestle; gringos use a blender.

BUZZARD'S BREATH CHILI

From Tom Griffin, CASI Chili Champ 1977, a Houston stockbroker.

- 2 jalapeños, wrapped in cheese cloth
- chili powder, twice the amount printed on the label
- 1 to 2 teaspoons paprika
- cayenne pepper to taste
- 8 pounds U.S. boneless beef chuck
- 2-8 oz. cans tomato sauce
- 2 large onions, chopped
- 5 cloves garlic, chopped and crushed
- 2 teaspoons ground cumin
- 1/4 to 1/2 teaspoon dried oregano
- 1 quart beef stock, homemade preferred
- Masa
- Salt to taste

Chop the meat into 3/8" cubes, removing all the gristle and visible fat. Brown the meat in oil in an iron skillet, about 2 pounds at a time, until gray in color. Place in a large, cast-iron chili pot.

Add the tomato sauce and equal amounts of water. Add the onion, garlic, jalapeños and chili powder.

Simmer for 20 minutes and then add the cumin, oregano, cayenne pepper and salt to taste. Add the beef stock and simmer covered until the meat is tender, about 2 hours, stirring occasionally.

Add the masa to achieve the desired thickness if needed.

Add the paprika for color and cook 10 additional minutes. Correct the seasoning to taste, discard jalapeños and serve.

A small amount of additional cumin enhances the aroma when added during the last 10 minutes. Serves: 12

the number of cookoff contests grew, and eventually "Chiliheads," as they were called, eventually developed such a listing of cookoffs that competition cooking is now akin to a professional sports circuit.

Cooks in today's cookoffs might be termed "professionals." They know a great deal about cooking competition chili, about herbs, spices, pots, stoves, cooking temperatures, the weather, and other factors affecting the outdoor cooking of chili. Although cooks are allowed to bring meat and vegetables such as onions already cut up, and spices mixed in advance, they must still cook the pot of chili on the spot.

Most members of CASI belong to "pods" and compete for points to get to the big cookoff, Terlingua. Cooks are given points for placing at sanctioned cookoff throughout the year: 4 points for winning, 3 for second, 2 for third, and one for fourth. At the end of the year, all cooks having enough points to qualify are invited to cook at Terlingua, always held the first Saturday in November.

Unfortunately, Terlingua can no longer legally be called "World Championship" because that phrase has been trademarked by the International Chili Society. But such legalities don't matter to CASI members, who still view Terlingua as the "big one." Even if they can't cook there, they will likely go anyway and volunteer to judge or help in some manner. Nobody wants to be left out when it comes to Terlingua!

Chiliheads interested in CASI can receive information by subscribing to the *Goat Gap Gazette*, which costs \$16 per year for 11 issues. Address inquiries to 5110 Bayard Lane #2, Houston, TX 77006.

Part II

The International Chili Society—History, Maybe

by Jim West and
Ormy Gumfudgin

The International Chili Society was booted out of Texas in 1974 and reborn in California. Here's how it happened. During the 1974 cookoff, C. V. Wood and Carroll Shelby flew a network TV crew into Terlingua to cover the festivities. Of course, it was only natural that the media people would interview the people they had traveled with, but Frank Tolbert didn't like it one bit.

After standing around on the sidelines and not receiving any attention from the TV crew, he got mad. In a letter to Wood and Shelby, he invited ICS to take the World's Championship Chili Cookoff to California and "save the freight." So they did. It was as simple as that.

The most vital item on the agenda was to decide where it could be held so there would be a sufficient area for the thousands of people we expected. ICS needed hotels, an area for recreational vehicles, a location with the charm of a ghost town like Terlingua, plus many other details. After much searching, Tropic Gold Mine was selected. It's located three miles west of Rosamond in the Mohave Desert. One other little detail was that ICS trademarked the phrase "World Championship Chili Cookoff."

The first Championship Chili Cookoff held in California was twice as big as we expected—about 20,000 people attended. Maybe some of them were star-struck by our celebrity judges: William Conrad, Robert Mitchum, Ernest Borgnine, Peter Marshall, Dale Robertson, and John Derek. The "Miss Chile Pepper" was Diana House, who went on to spice up Playboy magazine—but that's another story.

Meanwhile, back in Texas, Frank Tolbert was busy organizing the Chili Appreciation Society—International and promoting the Terlingua cookoff. Although relations with the two societies

Continued on page 26.



MARGO'S CHILI

From Margo Knudson, ICS Chili Champ, 1987

2 oz. Gebhardts Chili Powder
1/2 oz. dark red chile powder
1/2 oz. hot New Mexico chile powder
1 medium Ortega brand canned chile, minced
1/4 teaspoon cayenne pepper
Dash of Tabasco sauce
3 pounds tri-tip cut beef, cubed or coarsley ground
3 oz. sausage
2 Tablespoons kidney suet or corn oil
1/2 oz. salt
1/2 oz. cumin
5 to 7 cloves garlic
2 medium onions, chopped
1/2 teaspoon coriander (optional)
4 to 6 oz. Hunts Tomato Sauce
1/2 pint beef broth
White pepper to taste
Water if necessary
Oregano tea*

Saute onions and garlic in suet for about 3 minutes. Add the Gebhardts chile and the chile powder and mix well.

Brown beef in a separate pan, a pound at a time, and pepper while browning. Add the onions and spices, using a little beef broth to keep from sticking.

Saute the sausage and the Ortega chile together for about 2 minutes. Add to the pot and cook about 15 minutes.

Add remaining spices, Hunt's tomato sauce, water or broth and mix well. Cook for about 30 minutes.

Add the oregano tea and cook for about 2 hours or until the meat is tender, stirring occasionally.

During the last 20 to 30 minutes, add the salt and cayenne pepper if needed.

Serves: 6 to 8

*To make oregano tea, place 1 tablespoon oregano leaves in 1/2 cup hot water and let steep.

RUDY VALDEZ 1976 ICS WORLD CHAMPIONSHIP CHILI

1-8 oz. can Ortega brand green chile salsa
1-8 oz. can Ortega brand green chiles, diced
1 teaspoon Tabasco sauce
1 Tablespoon hot New Mexico brand chile powder
1 Tablespoon medium New Mexico brand chile powder
1 heaping Tablespoon mild New Mexico brand chile powder
1 pound pork shoulder, chopped into 3/8-inch pieces
1 pound beef flank steak, chopped finely but not ground
1 teaspoon cumin powder
1 ripe tomato, chopped
1 clove garlic, minced
1 medium-sized white onion, chopped
6 stalks celery, 6 inches long, chopped
1 teaspoon oregano
Water
Salt to taste

Cook pork and beef in separate pans for 20 minutes. Add 1/2 teaspoon cumin to each skillet.

Combine tomato, garlic, onion, celery, chile salsa, green chiles, oregano and Tabasco sauce in a 6-quart saucepan. Make a paste, adding a small amount of water, with the three grades of chile powder. Add to the vegetable mixture, blending well. Cook for 20 minutes.

Drain the juice from the skillet, except for 4 tablespoons. Add meat to the vegetable mixture. Cook 1 1/2 hours until the meat is tender. Prior to serving, add salt to taste. Serves: 6



MAX VALLEJO'S OREGON CHAMPIONSHIP CHILI (ICS)

- 1/16 teaspoon ground red pepper
- 2 teaspoons chili powder
- 2 Tablespoons salad oil
- 1 pound filet mignon, cut into 3/8-inch cubes
- 1 pound flank steak, cut into 3/8-inch cubes
- 1 pound top sirloin, cut into 3/8-inch cubes
- 2 15-oz. cans tomato sauce
- 1 chorizo (Mexican sausage)
- 1 medium-sized red onion, chopped
- 1 medium-sized white onion, chopped
- 6 scallions or green onions, chopped
- 2 medium-sized tomatoes, chopped
- 1 stalk celery, finely chopped
- 2 garlic cloves, minced
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried tarragon leaves, crushed
- 1/2 teaspoon celery seed
- 1/2 teaspoon dried thyme leaves, crushed
- 1/2 teaspoon cumin seed
- 1/2 teaspoon powdered cumin
- 1/2 teaspoon parsley flakes
- 1/2 teaspoon salt
- 1/4 teaspoon dried savory leaves, crushed
- 1/4 teaspoon herb seasoning, crushed
- 1/4 teaspoon dried oregano leaves, crushed
- 1/4 teaspoon turmeric
- 1/8 teaspoon paprika
- 1/8 teaspoon ground black pepper
- 2 whole cloves
- 1/2 bay leaf

In a large skillet, heat the oil. Add the filet; brown quickly on all sides (meat should be red on the inside). Remove with a slotted spoon, set aside. Add the flank steak; brown quickly on all sides; remove with a slotted spoon; set aside. Add the sirloin to the skillet; cook and stir until brown; remove with a slotted spoon; set aside.

In a heavy cast-iron saucepot, heat the tomato sauce until hot.

Remove the sausage from the casing and chop. Add to the tomato sauce along with the reserved filet; simmer for 1 minute. Add the flank steak; cover and simmer for 3 minutes. Add the sirloin; cover and simmer for 20 minutes.

Add the red and white onions, scallions, tomatoes, celery, and garlic. Cover and simmer for 20 minutes.

Add the seasonings; cover and simmer for 15 minutes.

Remove the cover and simmer for 15 minutes longer.

Serves: 4 to 6

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Chili: America's Official Food?

Chili lovers are never satisfied. Despite the fact that the bowl o' red is the Texas State Dish, a movement has begun to have Congress declare chili con carne to be America's Official Food.

Led by self-proclaimed World Chili Ambassador Ormly Gumfudgin, and supported by International Chili Society and Maximum Strength Pepto-Bismol, the movement hopes to obtain the signatures of **one million** chiliheads on a petition to support passage of the bill, which is already before Congress. Considering the fact that over 750,000 people attend chili cookoffs each year, perhaps this goal is reachable.

Persons interested in supporting this effort can send for a "Chili Petition Kit," which includes 15 posters featuring Ormly and his message: "Chiliheads Unite, Support the Chili Bill." Also included in the kit are press releases, 40 petitions, a copy of the bill, public service announcements, and a Chili Bill rubber stamp.

Each Chili Bill Kit costs \$15. They are available from:

I'm With Ormly
c/o On Target Media
2368 Victory Parkway, Suite 400
Cincinnati, OH 45206

seemed to be "heated," they were in constant communication with Frank.

Early in 1976, ICS began to get really organized by finding corporate sponsors. Pepsi, Budweiser, Hunt-Wesson, Tabasco Brand, the American Spice Trade Association and Tequila Sauza came on board to help raise money for various charities. By 1977 the turnout at Tropico Gold Mine for the championship exceeded 35,000. That year Tommy Lasorda, Leslie Uggams, Andy Granatelli, and Bobby Unser were added to the celebrity judging staff, and by the end of the fourth championship, over \$50,000 had been raised for charity.

Cash prizes were growing as well. In 1978, the World's Champion Chili Cook, LaVerne "Nevada Annie" Harris, picked up \$14,000—which wasn't shabby for three hours of cooking. That year ICS started its official publication, *Chili*.

In 1980 the Tropic Gold Mine was sold lock, stock, and barrel, as the saying goes. The old Paramount Ranch in Agoura was chosen as the new site, but the World Championship Cookoff was eventually moved back to Tropic, where it is still held.

The 1988 Championship was held on October 30th in Tropic with over \$35,000 in cash prizes and awards. Since 1975 ICS has raised over \$10 million for charities and non-profit organizations. There are nearly 15,000 members world-wide and sanction about 350 cookoffs every year with nearly 10,000 contestants and 5000 judges. Obviously, chili cookoffs today are no longer off-the-wall events, but rather viable fundraising efforts.

In addition to raising money, ICS also has a lot of fun, which is demonstrated by some of the events at the Tropic Gold Mine. This year the Tulsa, Oklahoma, Jaycees built the World's Largest Pot of Competition-Style Chili. The 750 gallons of chili was made with 75 pounds of bacon, 3,000 pounds of chili-grind meat, 1,500 pounds of onions, 1,200 cloves of garlic, nearly 30 pounds of spices—and, of course, over 50 pounds of fresh chiles. The concoction, based on a recipe called "Chili from Hell," was served to more than 20,000 chiliheads at Tropic in a benefit for the St. Jude's Children's Hospital in Memphis.

Readers of *The Whole Chile Pepper* who are interested in becoming chiliheads—as well as chileheads—can join ICS for \$15 per year. They will receive a membership card, bi-monthly 48-page tabloid publication, and official by laws. Address inquiries to ICS, P.O. Box 2966, Newport Beach, CA 92663.

(NOTE: Since many competition chili cooks vary that amount of chiles used in their concoctions, and since these recipes have not been taste-tested by the editors of the WCP, heat scales have been omitted from the CASI and ICS recipes.)



"NEVADA ANNIE" HARRIS' 1978 WORLD CHAMPIONSHIP CHILI (ICS)

1/2 or more, small fresh jalapeños, diced
1-7 oz. can diced green chiles
2-3 oz. bottles chili powder
3 medium-sized onions, diced
2 medium-sized green peppers, diced
2 large stalks celery, diced
2 small cloves garlic, diced
2 Tablespoons oil
8 pounds lean chuck, coarsely ground
2-14 oz. cans stewed tomatoes
1-15 oz. can tomato sauce
1-6 oz. can tomato paste
2 Tablespoons cumin powder
Tabasco sauce to taste
1-12 oz. can beer
1-12 oz. bottle mineral water
2 to 3 bay leaves
Garlic salt
Salt and pepper to taste

Saute the onions, green peppers, celery, garlic, and jalapeño in the oil. Add the meat and brown.

Add the remaining ingredients, including 1/2 can beer (drink the remainder, says Annie). Add the water just to cover the top. Cook about 3 hours on low heat. Stir often.

Serves: 12 to 16

DR. RANDY JOUNO'S GUADALAJARA, MEXICO, CHAMPIONSHIP CHILI (ICS)

3 Tablespoons chili powder
1/2 teaspoon paprika
1 27-oz. can whole green chiles, drained, seeded, and chopped
1/4 cup oil
4 pounds top round steak, trimmed into 1/4-inch cubes
6 cups water
5 6-oz. cans tomato paste
1/2 cup instant minced onion
2 1/2 Tablespoons celery salt
1/2 teaspoon ground allspice
1/2 teaspoon curry powder
1/2 teaspoon garlic powder
1/2 teaspoon ground coriander seeds
1/2 teaspoon ground cumin seeds
1/2 teaspoon ground ginger
1/2 teaspoon dried marjoram leaves, crushed
1/2 teaspoon dried oregano leaves, crushed
1/2 teaspoon dried sage leaves, crushed
Pinch ground red pepper
1 4-oz. bar milk chocolate, broken-up

Heat 2 tablespoons oil in a large saucepan until hot. Add 1 pound of beef and brown on all sides. Remove with a slotted spoon and set aside. Repeat until all the beef is browned. Use additional oil as needed.

Return all the beef to the saucepan. Add 4 cups of water, tomato paste, onions, celery, salt, spices, herbs, and green chiles and mix well. Bring to a boil, reduce the heat and simmer, covered, for 90 minutes, stirring occasionally.

Add remaining water. Mix in the chocolate and simmer, covered for 30 minutes, stirring often.

Serves: 6

About the author: Sam Pendergrast is an iconoclastic, bombastic, and pyroclastic journalist who is also the author of *Avenida Juarez*, a novel which has to be read to be believed. He markets his own line of products called "Zen Chili, The Cure."

Obviously, his opinions are entirely his own and do not necessarily reflect the views of *The Whole Chile Pepper* magazine, its publisher, or attorneys. Protests can be sent to Sam at P.O. Box 2791, Abilene, TX 79604.

There's no such thing as a free lunch—even if it's just a bowl of chili.

That is the sad finding of a 13-year study by this guy who got into the world of Big Chili as casually as any reporter on a whimsical assignment and as innocently as a schoolgirl enjoying her first kiss.

Born and brought up in Texas, I had known about the fiery red dish nearly as long as breathing and certainly longer than sex. Besides the fact that everybody in Texas knew chili was what you made with meat too tough for anything else, and that the best chili was made in small cafes. Not restaurants, mind you, which were at that time (1940) a word reserved for fancy eatin' places in Dallas.

In Abilene, where I grew up, the best chili cafes were the Green Frog near Fourth and Pine, the wonderfully exotic Canton Cafe further south on Pine, the Grape Inn at Tenth and Grape, and the Dixie Pig at South 14th and Butternut. They all served the same chili—blood red, with an aroma of cominos that could be whiffed at least a block away, hefty chunks of meat you could get your teeth into (along with bits of gristle), and a rich sauce featuring at least an eighth of an inch of grease that would easily soak up a quarter's worth of crackers even at '40s prices.

There might be beans, either cooked in the chili or optionally, but there was nothing identifiable as celery, onions, tomatoes, jalapenos or any recognizable peppers, armadillo, rattlesnake, possum, beaver, or even chicken, or any outlandish elements now included in so-called chili.

My favorite all-time cafe was the one owned by George Stephens. The dining room was nearly half a block long and just wide enough for a counter on the west and a row of booths on the east. Stephens Cafe served that unrecorded but pervasive recipe for cafe chili that guaranteed an identical bowl of red anywhere it was served in those halcyon days between the Big War and the Bigger Police Actions of later years.

In Texas, at least, chili was chili, and any cook who presumed to give that name to a vegetable stew or a grainy tomato soup might have worn several portions of it home from the kitchen. Thus Stephens Cafe was the home of the best chili I ever tasted and the origin of my personal standard in judging thousands of portions of the spicy stuff in world championships at Terlingua and in

Requiem for

by Sam Pendergrast



countless other stirs elsewhere since I stumbled into chilidom in 1974.

I had much to learn about contest chili, which is the point of this report. In the early days, the contestants were for the most part people who cooked chili and wanted to see how their recipe would stand up against those of other

Texas Chili



Robert K. Brown

people who made chili. A couple of years later, the field of contestants broadened and the operational individual goal shifted to one of producing a winning recipe rather than evaluating existing recipes.

What really spoiled Texas chili was the same thing that used up Elvis Presley and John Belushi and made young

martyrs of the likes of Joan of Arc and Jesus of Nazareth and the Kennedys and Dr. Martin Luther King: success.

When a dozen chili nuts got together in 1967 at an abandoned opry house in the manforsaken desert at Terlingua to compare their chile and hooraw one another, and a few thousand all-purpose renegades heard about it and decided to kibitz the authorities on chili while falling over the prickly pears and digging life on the frontier, it was all fun nonsense.

But the chili was real chili.

Within a surprisingly few years, the original thesis was gone, lost in the sweet yesteryears of memory with the charming and mostly tongue-in-cheek founders. Wick Fowler, Texas columnist and one of the first two contestants in a chili cookoff, was the first to go. Then, in 1976, the delicious Americonoclast H. Allen Smith, who had been the other contestant for the first chili bash in '67 passed away. When Frank X. Tolbert went to the great cook-off in the sky in '84, the Founding Stirrers of record were gone, and maybe that's what happened to Texas Chili.

But probably it was something more functional and less portentous than the passing of the Chili Titans that tainted first the cookoffs and eventually the manna of Middle Texas. Where there had been in the formative days one citadel of chili (at Terlingua) and one arbiter of excellence for the record (Tolbert), the proliferation of cookoffs soon required a vastly expanded clergy to administer to the far-flung kingdom. Anointments became, of practical necessity, casual, multifarious, and largely self-administered. Anybody who had ever heard of chili could start a cook-off, name himself administrator, and pursue whatever procedures he deemed appropriate.

I started several cook-offs myself around West Texas—and I may have been the first to use the cook-off routine to raise funds for worthy causes, such as the "Sons of the Penatekas" in 1975 for the financially strapped POW-MIA organization, the "Hemi-Demi-Semi-Centennial" for the Cancer Society, and the "Calamity Creek Boondoggle and Cathedral Mountain Psychic Encounter Retreat" near Alpine in 1978.

In those days you could whistle up a few thousand chiliheads on the shortest notice and most unlikely pretenses. But the principal administrative problem of such grassroots cook-offs proved to be the acquisition of some kind of judging panel and maintenance—or more often, pretense—of fairness in selecting winners.

And that, I'm sorry to say, is where we began to screw up contest chili—and, by slipshod supervision and casual expedience, eventually dealt a mortal (if unintentional) blow to what had by then become the State Dish of Texas. Lesser cook-offs tended to attract fewer dispassionate judges, or judging administrators simply took the easy way out. They started using chili cooks to do at least the preliminary judging—and often

the final judging as well. This procedure worked so well that now it is difficult to find a cook-off in which there are not members of cooking teams serving as judges at some level.

I must submit—although mine has been a voice crying in the mesquite wilderness—that this method of judging is roughly tantamount to asking the fox to judge the henhouse, or having a Reagan cabinet member vouch for his own integrity.

The second and perhaps penultimate disaster for Texas Chili is the outgrowth of self-serving judging. I call it the "Cubed Steak with Brown Gravy Syndrome" (CSWBG), and it probably started—as many bad things do for Texas—around Houston.

It's rather like trying to discover where AIDS started, but I think the CSWBG movement might have evolved through a scenario rather like this: probably under the mistaken truism that more expensive is automatically better in all things, somebody started buying high-grade steak and carefully hand-slicing it into tiny, uniform, fat-free cubes, then sauteeing them into a rich gravy without too much of those old Mexican spices that have given chili such a good (or bad) name over the years.

Eventually the cubed steak won a chili contest—probably sooner than later if the cook happened to be a judge. Every time somebody wins—no matter how outlandish the recipe—cooks uncertain of their own concoctions will give it a try. Eventually, lots of cooks started making the cubed steak "chili," and as more of it was made, more of it was likely to win contests—particularly since a preliminary judge who had cubed his steak might have an advantage in recognizing his own recipe.

When I judged at Terlingua in 1984, there was mercifully no sign of a preponderance of cubed steak chili, and the further you get from Houston the less likely you are to be assaulted by it. So what's the problem if cook-off contestants want to make steak with brown gravy and call it chili and contest administrators are dumb enough to let them do it?

Aside from compromising the integrity of the greatest grassroots culinary movement in modern times, the long-term effect will be to confuse people about what is real chili. In literally thousands of portions of chili I have tasted from Terlingua, I can't recall a single bowl of real old-time diner chili. You're more likely to find more or less traditional chili in the lower level cook-offs and more probably on the preliminary tables rather than among the finalists.

At every high-powered cookoff that comes to mind, there is just a world of slop no more akin to real chili than was Michener's *Texas* to the real thing. And when you end up with two cups of cubed chili on the finalist table, it likely means that the cube cook-judges have thrown out the good chili in search of their own cubed recipes.

And how do we get back to the real chili if we want to?

The first step is to institute an absolute ban on allowing any member of any cooking team to have anything to do with judging. The VIP system, where the local sheriff, the school dietitian, or the campaigning politician do the judging really works—as long as they have no connection with the cooks. Or just get a dozen people off the street to judge. Despite the mythology of the Big Chili Cadre

that judging is some sort of God-given talent, the general public is still likely to be the best judge of basic chili. Also, cook-off administrators should not be allowed to tell judges what they think is good chili.

I have a theory that real chili is such a basic, functional dish that anyone can make it from the basic ingredients—rough meat, chile peppers, and a few common spices available to hungry individuals—and they'll eventually come up with pretty much the same kind of recipe that was for most of a century a staple of Texas tables. So all we have to do to get back to real chili is to get rid of the elitist nonsense.

But we'd better hurry.

There are only a dozen of us left who remember George Stephens' chili, and my taste buds have been sullied by so many bad imitations I'm starting to forget myself.

Sam Pendergrast's Original Zen Chili

1/2 cup pure ground New Mexico red chile
1 teaspoon cayenne powder
2 pounds coarse beef, extra large grind
1 pound fatty bacon
1/2 cup whole cominos (cumin seed—yes, one-half cup!)

salt, pepper, and garlic powder to taste

Render grease from the bacon; eat a bacon sandwich while the chili cooks. (Good chili takes time.)

Saute the ground beef in bacon grease over medium heat. Add the cominos and then begin adding the red chile until what you are cooking smells like chili. (This is the critical point. If you add all the spices at once, there is no leeway for personal tastes.) Let the mixture cook a bit between additions and don't feel compelled to use all of the red chile.

Add water in small batches to avoid sticking, and more later for a soupier chili. Slowly add the cayenne powder until smoke curls your eyelashes. Palefaces may find that the red chile alone has enough heat.

Simmer the mixture until the cook can't resist ladling a bowlful for sampling. Skim excess fat for dietetic chili, or mix the grease with a small amount of cornmeal for a thicker chili.

Finish with salt, pepper, and garlic powder to individual taste, paprika to darken. Continue simmering until served; continue re-heating until gone. (As with wine, time enobles good chili and exposes bad.)

The result should be something like old time Texas cafe chili: a rich, red, heavily cominesque concoction with enough liquid to welcome crackers, some chewy chunks of meat thoroughly permeated by the distinctive spices, and an aroma calculated to lure strangers to the kitchen door.

Variation: For cook-off contest chili, drink bad tequila two days before starting chili; burn mixture frequently; sprinkle occasionally with sand and blood; serve cold to a dozen other drunks and call them "judges"; and keep telling yourself you're having a great time. ♪

Fiery Foods

FRONT

Every time we sit down to look at new hot food products, there are more and more. So in this issue, we have expanded this section. If you come across some new spicy specialties that we have missed, please let us know.

New Package for this Speedy Chili Mix

Based on the winning recipe of race car driver, Carroll Shelby, this chili mix offers a warm pot of Texas red. The package includes heat adjusting spices so you can make it medium to fiery. You'll find this in your local grocery store.

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Side Dishes

Some chileheads simply cannot get enough heat from the chili con carne itself, so they resort to side dishes which appear to be mild, but are not. Here are some favorite chili accompaniments.

JALAPEÑO CORNBREAD

You can vary the heat of this bread by decreasing the amount of jalapeño or by substituting peeled and chopped green chiles. Use blue cornmeal in place of the yellow for a real Northern New Mexican speciality.

- 2 Tablespoons jalapeños, chopped fine
- 1 cup cornmeal
- 1 cup flour
- 2 teaspoons sugar
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1/4 teaspoon garlic powder
- 1 1/2 cups buttermilk
- 1 cup minced onions
- 2 eggs, beaten
- 1 cup Cheddar cheese, grated
- 3 Tablespoons bacon drippings or shortening

Combine all the dry ingredients in a large bowl.

Heat the milk with the jalapeños and onions and let cool.

Combine the eggs and cheese.

Add the milk, eggs and cheese to the dry ingredients and blend until smooth.

Pour into a greased 9-inch square pan and bake in a 425 degree oven for 40 to 50 minutes or until the cornbread is golden brown.

Serves: 6

Heat Scale: 4

GREEN CHILE COLESLAW

The texture of this crispy cabbage salad goes well with chili con carne. Mix the salad and make the dressing ahead of time to blend the flavors, but combine the two just before serving to prevent the salad from becoming soggy.

- 6 green chiles, skinned, seeds removed, chopped
- 1/2 head green cabbage, shredded
- 1/2 head red cabbage, shredded
- 1 small onion, finely chopped
- Cilantro

Combine all the ingredients and let sit for 2 hours.

Dressing:

- 1/8 teaspoon cayenne pepper
- 1/2 cup mayonnaise
- 1 Tablespoon sugar
- 1 Tablespoon white vinegar
- 1/2 teaspoon celery seed
- 1/8 teaspoon white pepper
- Salt to taste

Combine all the ingredients and let sit for 2 hours.

Before serving, combine the dressing with the salad and garnish with fresh cilantro.

Serves: 6 to 8 Heat Scale: 4

GUACAMOLE WITH CHIPS

This classic Mexican dip goes well with any north or south of the border dish. There are many variations of this recipe — from mild to wild — we add serranos to keep it hot.

- 4 serrano chiles, seeds removed, chopped fine
- 3 ripe avocados, peeled, pitted, and mashed
- 1 small onion, minced
- 1/4 teaspoon garlic powder
- Salt to taste
- Tortilla chips

Combine all the ingredients (except the chips) and allow to sit for a couple hours to blend the flavors.

Yield: 1 to 1/2 cups Heat Scale: 4

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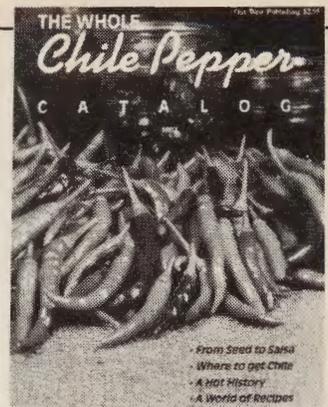
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FARE

Powerful Pastas

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**Penne Pasta
Recipe on
page 36**



Photo by J. Gerlach

Pasta invaded this country with Italian immigrants and has been part of the American diet for years. We eat it hot or cold, as an entree or a side dish, with or without a sauce, and in salads, casseroles, and soups. We often think the Italians "invented" pasta, but a Chinese cookbook mentions noodles as early as 300 B.C. In fact, Marco Polo is credited with bringing pasta back to Venice from China around 1295 A.D., although some food experts believe that the Arabs introduced pasta to Southern Italy even before Marco Polo.

Whatever the origin, the Italians certainly deserve credit for developing an incredibly wide variety of shapes, sauces and dishes. In fact, it has been said that in Italy gourmands could eat a different pasta everyday for a year without repeating a shape!

Included here are recipes using a number of different sauces and pasta varieties. Substitution of various types of pastas is permitted, but remember these basics: Always cook the pasta in a large amount of water, salt the water after it has come to a boil, and always cook in rapidly boiling water. Never oversauce the pasta; the more delicate the pasta, the "lighter" the sauce.

Regardless of whether you make your own or purchase the pasta, these powerfully pungent pasta dishes will amaze your guests.

PENNE PASTA WITH SUN-DRIED TOMATOES AND CHILE

This recipe comes from my friend Mary Jane Wilan, who serves it with a simple green salad, crisp garlic toast and a chilled dry Italian red wine.

- 4 Tablespoons crushed red chile
- 1/2 cup sun-dried tomatoes, cut in slivers
- 1 cup black olives, cured in oil, pitted and halved
- 1/2 cup fresh basil, chopped
- 1/2 cup fresh Italian Parsley, chopped
- 1 Tablespoon grated lemon peel
- 3 cloves garlic, minced
- 1/2 cup olive oil
- 2 Tablespoons oil from the tomatoes
- 2 teaspoons freshly ground black pepper
- 3/4 pound Parmesan cheese, grated
- 1 pound penne pasta

Combine all the ingredients, except the cheese and pasta, and let sit at room temperature for a couple of hours to blend the flavors.

Cook the pasta in 4 quarts of salted water until tender but still firm - "al dente". Drain.

Toss the pasta with the sauce and cheese until well coated and serve.

Serves: 6

Heat Scale: 5

Approximate nutritional breakdown per serving:
Calories 670, Carbohydrate 18%, Protein 18%, Fat 64%.



AArabs
intro-
duced
pasta to
Southern
Italy

SPAGHETTINI ALLA CARRETTIERA

"Alla Carrettiera" refers to a fresh tomato sauce in Southern Italy, and was named after the mule carts or carretti which were used to bring wine and produce to Rome. Because the drivers had to prepare their meals from inexpensive ingredients that were in season, there are many variations on this theme.

- 4 teaspoons ground red chile
- 1 pound fresh tomatoes, cut-up
- 3 cloves garlic
- 2 Tablespoons olive oil
- 3/4 cup heavy cream
- 2 Tablespoons vodka
- 10 sprigs Italian parsley, coarsely chopped
- 1 pound spaghetti

Combine the chile, tomatoes, garlic and olive oil. Simmer the sauce for 30 minutes and run through a food mill to remove the seeds and skins.

Add the cream and vodka and simmer until the sauce is reduced.

Cook the spaghetti in 4 quarts of boiling salted water until tender but still firm ("al dente"), being very careful not to overcook this thin spaghetti. Drain.

Mix the sauce with the spaghetti, top with the parsley and serve.

Serves: 4 to 6

Heat scale: 3

Approximate nutritional breakdown per serving:
Calories 260, Carbohydrate 37%, Protein 7%, Fat 56%.



**Chile Tuna
Shells Recipe
on page 37.**

Photo by J. Gerlach

JALAPEÑO PASTA

Pepper pastas are fun to make as well as delicious to eat. A simple sauce, such as garlic butter with grated Romano cheese, allows the pepper flavor to come through.

- 8 jalapeño chiles, stems and seeds removed, roasted
- 1/2 cup fresh parsley leaves
- 2 large eggs
- 2 cups flour
- water

Puree the chiles and parsley. Add the eggs to the mixture and mix well.

If mixing by hand: Place the flour on a board or in a bowl. Make a well in the center and pour in the chile puree. Stir with a fork until well mixed and crumbly. Form a ball and knead on a lightly floured board until smooth and elastic. Add some water if necessary and just enough flour to prevent the dough from sticking to the board.

If using a pasta machine, follow the directions.

Roll out the dough and cut into the desired shape and cook as you would any pasta. The pasta can be made ahead of time and stored in the refrigerator for up to 2 days.

Heat Scale: 4



Pasta
can be
made
ahead
of
time

CHILE TUNA SEA SHELLS

This salad makes an excellent entree for a summer luncheon. Also try substituting crab or shrimp for the tuna.

- 6 green chiles, skinned, seeds removed, chopped
- 2 Tablespoons prepared chile sauce
- 1 7-oz. can white tuna, drained and flaked
- 1/4 cup mayonnaise
- 2 teaspoons prepared horseradish sauce
- 4 green onions, chopped
- 1/4 cup green olives, sliced
- 1/2 pound sea shell macaroni
- 1 avocado, peeled, pit removed, chopped
- 2 sprigs cilantro, chopped

Cook the macaroni in 4 quarts of salted water until just done but still firm. Drain and rinse in cold water.

Combine all the ingredients, except the avocado and cilantro, and allow to sit for 2 hours to blend the flavors. Garnish with the avocado and cilantro and serve.

Serves: 4

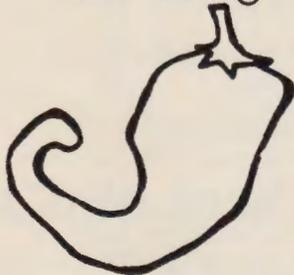
Heat Scale: 5

Approximate nutritional breakdown per serving:
Calories 475, Carbohydrate 37%, Protein 18%, Fat 45%

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PECOS VALLEY MACARONI PIE

Cooks should feel free to substitute ingredients freely and come up with a variety of different "pies."

- 8 jalapeños, chopped fine
- 2 Tablespoons prepared chili powder
- 2 Tablespoons butter or margarine
- 1/2 pound ground beef
- 1 medium onion, chopped fine
- 1 small bell pepper, chopped fine
- 1 cup canned tomatoes, chopped
- 1 cup cooked pinto beans
- 1 pound macaroni
- 2 cups cheese sauce (recipe follows)
- 1 egg, beaten Pastry (recipe follows)

Saute the beef, onion, peppers, and chili powder until the meat is no longer pink. Add the tomatoes and pinto beans.

Cook the macaroni in 4 quarts of boiling salted water until almost done — macaroni should be fairly firm. Drain and reserve the milk.

Combine the macaroni and meat mixture.

Prepare the cheese sauce and stir the sauce into the macaroni mixture.

Divide the pastry dough into two balls, one a little larger than the other. Roll out the dough. Line a greased 10-inch cake pan with a removable bottom with the larger of the dough. Pour the macaroni mixture into the pan. Place the remaining dough on the top of the pie and pinch together to seal. Brush the top of the pie with the egg and prick with a fork.

Bake in a 375 degree oven for 40 to 50 minutes or until golden brown. Allow the pie to sit for 10 minutes before removing from the pan.

Serves: 6 to 8 Heat Scale: 5

Approximate nutritional breakdown per serving: Calories 640, Carbohydrate 35%, Protein 14%, Fat 51%

CHEESE SAUCE

- 1/4 teaspoon cayenne powder
- 6 Tablespoons butter or margarine
- 6 Tablespoons flour
- 3 cups milk
- 1/4 teaspoon dry mustard
- 1 cup Cheddar cheese, grated

Melt the butter and stir in the flour. Simmer for 2 to 3 minutes, making sure that the flour does not brown. Stir in the cayenne and mustard.

Add the milk all at once and stir until smooth. Simmer for 2 minutes. Add the cheese and continue to cook for 3 to 4 minutes, stirring constantly, or until thickened.

Yield: 2 to 2 1/2 cups

PASTRY

- 2 cups flour
- 1/3 cup lard or shortening
- 1/3 cup butter or margarine
- 1 egg
- 1/2 teaspoon salt
- 3 to 4 Tablespoons cold water

Cut the shortening and butter into the flour until the mixture is crumbly. Add the egg, salt and water and mix until the dough is completely moistened.

Divide into two unequal balls. Wrap in wax paper and refrigerate for 1 hour before rolling out.



SOUTHWESTERN LASAGNA

Cooks who love to make their own pasta should try substituting blue corn flour for wheat flour when making lasagna noodles. The color and flavor is definitely not Italian.

- 2 Tablespoons chile molido (red chile powder)
- 6 green chiles, skinned, seeds removed, cut in strips
- 3/4 pound chorizo sausage, removed from the casing
- 1 Tablespoon oil
- 1 large onion, chopped
- 3 cloves garlic, chopped
- 1 pound tomatoes, peeled, seeds removed
- 1/4 cup tomato paste
- 1 Tablespoon fresh cilantro, chopped
- 1/2 teaspoon sugar
- 12 to 14 strips of lasagna noodles
- 2 cups ricotta cheese
- 1 egg, lightly beaten
- 1/2 pound mozzarella cheese, thinly sliced
- Salt and pepper to taste

Saute the sausage, onion and garlic in the oil until soft. Pour off any excess oil.

Add the tomatoes, tomato paste, cilantro and sugar. Bring to a boil, reduce the heat and simmer for 30 to 45 minutes or until thickened.

Cook the lasagna in 4 quarts of boiling salted water until just done. Drain.

Combine the ricotta cheese and the egg.

To assemble: In a greased pan, put down a layer of noodles. Top with a layer of the cheese mixture, then the sauce, green chile strips, top with a layer of mozzarella. Cover with a layer of noodles. Repeat the procedure ending with the mozzarella on top.

Bake in a 350 degree oven for 30 minutes or until thoroughly heated. Allow to stand for 10 minutes before cutting.

Serves: 6 to 8

Heat Scale: 5

Approximate nutritional breakdown per serving: Calories 285, Carbohydrates 37%, Protein 7%, Fat 56%

FETTUCCHINE ALLA CARBONARA

"Fettuccine" is a Latin word for noodles and this recipe is actually of Roman origin. Although it tastes like a dish requiring hours of difficult preparation, this delicious pasta is quick and easy to prepare.

- 2 Tablespoons red pepper flakes
- 4 strips bacon
- 3/4 cup heavy cream
- 3/4 pound fettuccine
- 4 Tablespoon freshly grated Romano cheese

Fry the bacon until crisp. Remove drain and crumble. Pour off all but 1 tablespoon of the bacon fat.

Add the cream and pepper flakes, bring to a boil and simmer until the sauce has thickened.

Cook the pasta in 4 quarts of boiling salted water until done but still firm - "al dente." Drain.

Toss the cooked pasta with the cream sauce and crumbled bacon. Top with grated cheese and serve.

Serves: 4 Heat Scale: 4

Approximate nutritional breakdown per serving: Calories 395, Carbohydrate 32%, Protein 13%, Fat 56%

Marco
Polo is
credited
with
bringing
pasta
back to
Venice
from
China
around
1295 AD

GREEN CHILE CRAB TAGLIOLINI

This is a great lunch or brunch entree when served with a green salad and fruit. If you are being cost conscious, you can substitute the "crab-like" fish which is sometimes called surimi.

- 4 green chiles, skinned, seeds removed, chopped
- 1 Tablespoon olive oil
- 1 Tablespoon butter or margarine
- 1/2 cup chopped onion
- 3 cloves garlic, minced
- 1 stalk celery, chopped
- 2 teaspoons fresh lemon juice
- 1/2 teaspoon dried oregano, crumbled
- 1/2 teaspoon dried basil, crumbled
- 1 cup clam juice
- 1 pound fresh or canned crab, flaked
- 2 Tablespoons fresh Italian parsley, chopped
- 3/4 pound tagliolini pasta

Saute the onion, garlic and celery in the oil and butter until soft.

Add the chile, lemon juice, oregano, basil and clam juice. Simmer over a low heat for 10 minutes. Add the crabmeat and simmer for an additional 5 minutes.

Cook the tagliolini in 4 quarts of salted water until done but still firm. Drain.

Toss the pasta with one half the sauce. Spoon the remaining sauce over the top, garnish with the parsley and serve.

Serves: 6 Heat Scale: 4

Approximate nutritional breakdown per serving:
Calories 274, Carbohydrates 41%, Protein 31%, Fat 28%

SUNBELT ANNOUNCES 1989 SHOW DATES

Sunbelt Shows of Albuquerque has released the dates of its 1989 shows serving the fiery foods industry.

The **National Barbecue Show** is scheduled for May 10-13, 1989 at the Peabody Hotel in Memphis, Tennessee. This show is being held in conjunction with the World Barbecue Championship and is part of the Memphis in May celebration. It is a remarkable opportunity for barbecue equipment and accessory manufacturers, seasoning and sauce producers, and related businesses to show their products to a pre-qualified audience of thousands of barbecue enthusiasts.

The second annual **National Fiery Foods Show**, the convention and show for the chile pepper industry, will be held at Palmer Auditorium in Austin, Texas from October 1 through October 3, 1989. The location is very convenient for food buyers located in Dallas, Houston, and San Antonio. The producers expect the show to nearly double in size from the successful 1988 El Paso Show.

For additional information on these shows, contact Dave DeWitt, *Sunbelt Shows*, P.O. Box 4980, Albuquerque, NM 87196, 505/873-2187.

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CHINESE CHILE-ORANGE NOODLES

Pasta is not only used by Italians—remember that Marco Polo brought back noodles from China. These are usually served as an appetizer, but they also go well with plain meats or roasts. The orange-oil is used as a base for the dressing but it can also be used for stir-frying a variety of foods such as vegetables and chicken.

- 1/4 cup chile-orange oil (recipe follows)
- 1 pound fine egg noodles
- 8 ounce bean sprouts
- 8 ounce cooked pork, cut in match-stick strips
- 2 stalks celery, cut in match-stick strips
- 2 carrots, cut in match-stick strips
- 6 green onions, thinly sliced
- 3 Tablespoons soy sauce
- 3 Tablespoons sugar
- 1 bunch cilantro, chopped
- 3/4 cup walnuts, chopped

Cook the noodles in 4 quarts salted water until done. Rinse the noodles in cold water to stop the cooking process.

Blanch the bean sprouts for 10 seconds in hot water. Plunge the sprouts in cold water to stop the cooking process.

Combine the chile oil, soy sauce, and sugar. Toss the noodles with 1/2 of the dressing.

Toss the remaining ingredients (expect the walnuts) with the remaining dressing. Garnish with the walnuts and serve.

Serves: 6 to 8 Heat Scale: 4

Approximate nutritional breakdown per serving: Calories 322, Carbohydrate 30%, Protein 20%, Fat 50%

CHILE-ORANGE OIL

- 6 to 8 japones chiles (or substitute other small dried red chiles, such as chile pequin or santaka)
- 2 cups peanut oil
- 2 Tablespoons sesame oil
- Zest of 3 oranges, finely minced
- 1 Tablespoon Chinese black beans*
- 2 cloves garlic, finely minced

Heat the oil until a chile will "sputter" when dropped in the oil. Combine all the ingredients and simmer for 10 minutes, being careful not to let any ingredients burn.

Remove from the heat and let cool. Let the oil stand overnight to blend the flavors.

Yield: 2 cups Heat Scale: 7

*Available in Asian markets.



In Italy gour-
mends could eat a different pasta everyday for a year without repeating a shape!

CHICKEN FARFALLE WITH GREEN CHILE PESTO

This is New Mexico's answer to Italian pesto. Green chile adds a unique flavor, and the bow-tie or butterfly shape of the farfalle pasta makes a nice presentation in this simple, easy to prepare dish.

- 1 - 1 1/2 cups green chile pesto sauce (recipe follows)
- 4 boneless chicken breasts, skin removed
- 1 Tablespoon oil
- Salt and pepper
- 3/4 pound farfalle pasta

Brush the chicken with the oil and sprinkle with the salt and pepper. Grill or broil the chicken until done, about 15 minutes. Cut into bite-size pieces.

Cook the pasta in 4 quarts of boiling salted water until just done—"al dente." Drain.

Toss the chicken, pesto, and pasta together and serve. Serves: 4 to 6 Heat Scale: 4

Approximate nutritional breakdown per serving: Calories 490, Carbohydrate 19%, Protein 33%, Fat 48%

GREEN CHILE PESTO SAUCE

- 6 green chiles, skinned, seeds removed, chopped
- 1/2 cup olive oil
- 2 cups packed fresh spinach, chopped
- 1/2 cup fresh parsley, chopped
- 2 cloves garlic
- 2 teaspoons dried basil
- 2 Tablespoons pine nuts
- Salt and pepper to taste

Puree all the ingredients to make a smooth sauce. Thin with water if necessary.

Yield: 1 to 1 1/2 cups Heat Scale: 5

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Need more information on chile peppers? *Chile Peppers: A Selected Bibliography of the Capsicums* by David A. DeWitt is your source for over 400 hot pepper citations. It is divided into five sections for convenient reference: General history, botany, agronomy, medicine, and nutrition and culinary arts. Send \$9.95 (postpaid) to *Sunbelt Books*, P.O. Box 4980, Albuquerque, NM 87196.

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Brief Reviews of Blistering Chili Books
by Dave DeWitt



A Bowl of Red, by Frank X. Tolbert. Garden City, NY: Doubleday and Company, 1966.

This book is the Bible of chili con carne, as authored by the late expert and supporter of the subject, Frank Tolbert. Although the book is short on recipes per

se, chiliheads will be delighted by the descriptions of the variations on chili and the unique history of the dish.

To end his exploration of Chili Land, Tolbert, quotes the touching "Chili Prayer," as befitting of the Bible of the

business. The prayer was preached by Matthew "Bones" Hooks, a famous black range cook, who obviously felt honored to cook his favorite food.

"Lord, God," he shouted, "you know us old cowhands is forgetful. Sometimes, I can't even recollect what happened yestiddy. We is forgetful. We just know daylight and dark, summer, fall, winter, and spring. But I sure hope we don't never forget to thank You before we is to eat a mess of good chili.

"We don't know why in Your wisdom, You been so doggone good to us. The heathen Chinees don't have no chili ever. The Frenchmens is left out. The Rooshians don't know no more about chili than a hog knows about a side saddle. Even the Meskins don't get a good whiff of it unless they stay around here.

"Chili eaters is some of Your chosen people. We don't know why You so doggone good to us. But Lord, God, don't ever think we ain't grateful for this chili we about to eat. Amen."

Chili Madness, by Jane Butel. New York: Workman, 1980.

Jane was one of the first food writers to hop aboard the chili and chile express, and this book

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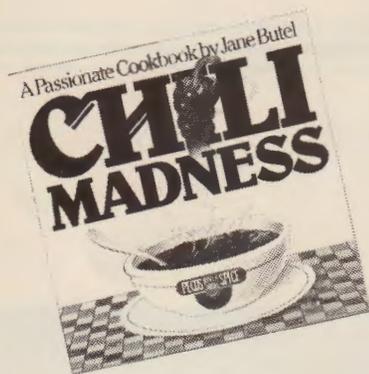
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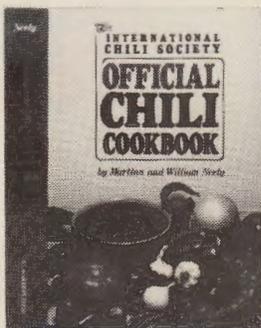
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remains as one of the leaders in the field. No wonder—she succinctly covers the subject in 94 pages, while providing history, anecdotes, chile varieties, and advice on cookoffs.

Her recipes cover the entire range of chili con carne, from "Carroll Shelby's Chili" to "Buzzard Breath's Chili," to "Authentic Texas Border Chili." Even "Australian Dinkum Chili" is included to provide a truly international flavor.



Official Chili Cookbook, by Martina and William Neely. New York: St. Martin's Press, 1981.

This excellent chili concoction is the largest collection ever assembled of championship chili recipes and is authorized by California's International Chili Society. After tracking the lore and history of the dish, authors Neely present recipes from every conceivable category of chili con

carne, including: Best of the Best, the Championship Recipes, Celebrity Recipes, Chili's Cousins, and Desserts to Put Out the Fire.

Some of the recipes are: Chili Oriental, Italian Chili, Dante's Inferno Armadillo Chili, Phil Harris' "That's What I Like About the South" Chili, and Peter Marshall's "Hollywood Squares Chili." Highly recommended.



Don't Want No Rubber Chicken, by Bruce Kinsey.

Seattle: Peanut Butter Publishing, 1989. (329 Second Ave. West, Seattle, WA 98119)

Kinsey's highly personal chili memoir takes the reader from B-B-Q recipes to fish dishes to secret sauces to a recipe for—no kidding—"Nat King Cole Slaw."

Kinsey confesses: "I started young, with Mom's homemade chili and Dad's Sunday backyard Bar-B-Qs providing my youthful inspirations. It seemed inevitable somehow that I would learn to love spicy foods and anything cooked on a Bar-B-Q. I guess it's the fun of preparation starting fire and cooking outdoors that has always appealed to me."

This odd little book with the spiral binding is the perfect promotional piece for the natural combination of fiery foods and barbecue. As Kinsey quotes "The Duke": "Don't be a pilgrim, pilgrim, just put it on the grill."

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PROFILE

THE JALAPEÑO

Nomenclature: So named because of its association with the Mexican city of Xalapa in Veracruz, where the chile was grown in ancient times, but no longer.

Botanical Description: The **plant** grows from 2 to 3 1/2 feet tall, has compact single stem or upright multibranched habit, and light to dark green foliage. The **fruit** is conical, cylindrical, grows pendent, very blunt to pointed, and measures about 2 1/2 inches long. The color is medium green to red and purple, and yield is 25 to 35 fruits per plant.

Heat Scale: Most jalapeños rate between 2,500 to 5,000 Scoville Units, placing them at a level of five on the *Whole Chile Pepper* magazine's Official Heat Scale. The new **TAM Mild Jalapeño-1** variety developed by the Texas Agricultural Experiment Station, is considerably less pungent.

Horticultural History: Smoked chiles (**chiles ahumados**) were noted in Mexican markets in the 16th century, so jalapeños, the chiles most commonly smoked, probably had pre-Columbian origins. Grown commercially in Mexico since the beginning of the 20th century, jalapeños have four recognized Mexican types: **Tipico, Peludo, Espinalteco, and Morita.**

The **M. American Jalapeño**, a basic variety from the United States, has also adapted to Mexican cultivation, as has the **Early Jalapeño**. Other American cultivars include **San Andres, 76104 Jumbo Jal,** and **TAM Mild Jalapeño-1**, which has greatly increased jalapeño acreage in Texas and New Mexico.

Agricultural Aspects: In Mexico, commercial cultivation measures approximately 16,000 hectares in three main agricultural zones: the Lower Palaloapan River Valley in the states of Veracruz and Oaxaca, Northern Veracruz, and the area around the aptly-named Delicias, Chihuahua. The latter region grows the American jalapeños, which are processed and exported into the U.S. Approximately 60% of the Mexican jalapeño crop used for processing, 20% for fresh consumption, and 20% in production of chipotle chiles, smoked jalapeños. Currently jalapeño harvests in Mexico are reaching all-time records; consequently, they are selling for as little as 5 cents per pound.

In the United States, Texas is the leading state for jalapeño production, followed by New Mexico. The United States market is challenged by the enthusiasm of the Mexican growers and processors. Recently, a new jalapeño processing plant has opened in Ciudad Juarez, Chihuahua; just across the border from the best jalapeño market of all: Texas.

Home gardeners should remember that the U.S. varieties of jalapeños flourish better in semi-arid climates—ones with dry air combined with irrigation. If planted in hot and humid zones in the U.S. during the summer, the yield of such jalapeños decreases; thus the Mexican varieties listed above should be grown instead.



Jeffrey Gerlach

Legend and Lore: Jalapeños are perhaps the most famous chile peppers. They are instantly recognizable and a considerable mythology has sprung up about them, particularly in Texas. The impetus for the popularity of jalapeños starts from a combination of their unique taste, their heat, and their continued use as a snack food.

In 1956, *Newsweek* magazine published a story on a pepper-eating contest held in the Bayou Teche country of Louisiana, near New Iberia—home of the famous Tabasco sauce. The article rated the jalapeño as “the hottest pepper known,” more fiery than the “green tabasco” or “red cayenne.” Thus the Tex-Mex chile was launched as the perfectly pungent pepper for jalapeño-eating contests, which have proliferated all over the Southwest.

Culinary Usage: Many jalapeños are eaten straight out of the garden in salsas. Others are pickled en escabeche and sold to restaurants and food services for sale in their salad bars. Jalapeños are processed as “nacho slices,” and “nacho rings” which are served over one of the fastest-growing snack foods in arenas and ball parks: nachos. Jalapeños are commonly used in both homemade and commercial salsas and picante sauces. Below is a recipe designed for the true jalapeño-lover. It is reprinted with permission from *Fiery Appetizers*, by Dave DeWitt and Nancy Gerlach (St. Martin's Press: 1986).

NEW MEXICO CHERRY BOMBS

24 jalapeño chiles
8 ounces Monterey Jack or cheddar cheese, sliced
Flour for dredging
2 eggs, beaten
Vegetable oil for deep-fat frying

Slit each pepper, remove the seeds with a small spoon or knife and stuff the peppers with pieces of cheese. If necessary, insert a toothpick to hold the chiles together.

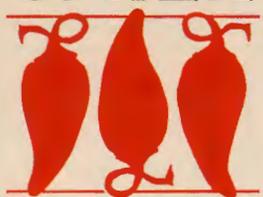
Dip each stuffed chile in the flour, then the egg, then the flour again. Fry in 350 degree F. oil until the chiles are golden brown. Drain and Serve.

Yield: 24

Variations: Stuff the chiles with chorizo, or ground meat mixed with cheese.

Heat Scale: 5 to 7.

T H E
CHILE



P E P P E R

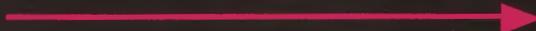
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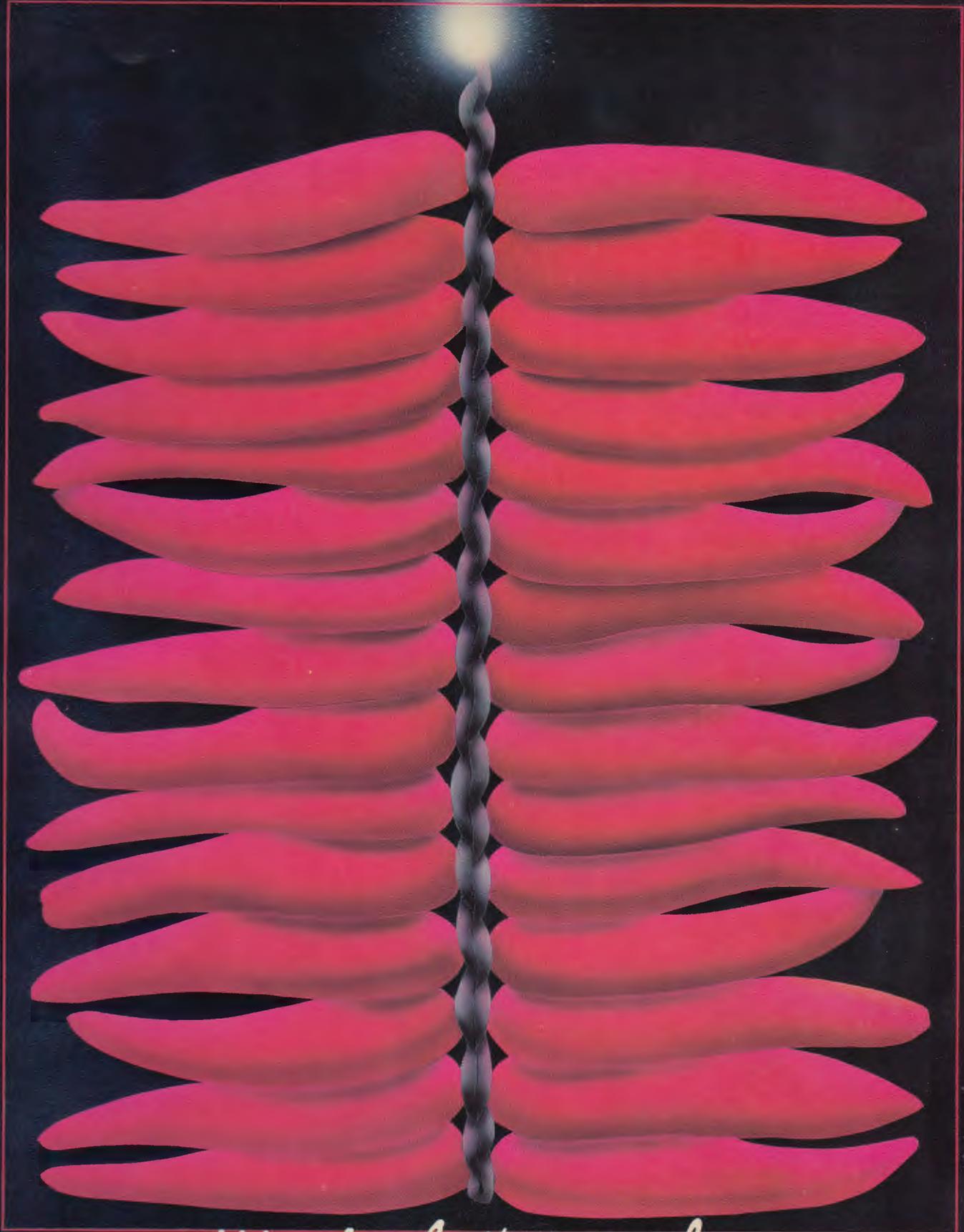


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