

Red Enchilada Sauce (www.gimmesomeoven.com) **SINGLE QUANTITY**

Ingredients:

1 1/2 tablespoons vegetable oil
1 1/2 tablespoons plain flour (or gluten-free)
3 tablespoons chili powder (see note!)
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon ground cumin
1/4 teaspoon dried oregano
2 cups chicken or vegetable stock

What to do:

1. *Make vegetable stock using stock powder.
2. *Heat oil in a small saucepan over medium-high heat.
3. *Add flour and whisk together over the heat for one minute.
4. *Stir in the remaining seasonings (chili powder, garlic powder, salt, cumin and oregano).
5. *Then gradually add in the stock, whisking constantly to remove lumps. Reduce heat and simmer 10-15 minutes until slightly thickened.

Notes:

- * denotes Adult supervision required.
 - Chili powder in America (where this recipe is from) is a mild mixture of spices, unlike in Australia where Chilli powder is ground hot chilli.
 - In class we used a homemade version of Chili powder:
 - 1 1/2 tablespoons paprika (equal to 6 teaspoons)
 - 2 teaspoons oregano
 - 1 1/2 teaspoons cumin
 - 1 1/2 teaspoons garlic powder
 - 3/4 teaspoon onion powder
 - 1/2 teaspoon cayenne pepper, or to taste (optional)
- Note: recipe adapted from www.allrecipes.com

Red Enchilada Sauce (www.gimmesomeoven.com) **DOUBLE QUANTITY**

Ingredients:

3 tablespoons vegetable oil
3 tablespoons plain flour (or gluten-free)
6 tablespoons chili powder (see note!)
1 teaspoon garlic powder
1 teaspoon salt
1/2 teaspoon ground cumin
1/2 teaspoon dried oregano
4 cups chicken or vegetable stock

What to do:

6. *Make vegetable stock using stock powder.
7. *Heat oil in a small saucepan over medium-high heat.
8. *Add flour and whisk together over the heat for one minute.
9. *Stir in the remaining seasonings (chili powder, garlic powder, salt, cumin and oregano).
10. *Then gradually add in the stock, whisking constantly to remove lumps. Reduce heat and simmer 10-15 minutes until slightly thickened.

Notes:

- * denotes Adult supervision required.
 - Chili powder in America (where this recipe is from) is a mild mixture of spices, unlike in Australia where Chilli powder is ground hot chilli.
 - In class we used a homemade version of Chili powder:
 - 3 tablespoons paprika (equal to 12 teaspoons)
 - 1 tablespoon oregano
 - 3 teaspoons cumin
 - 3 teaspoons garlic powder
 - 1 1/2 teaspoons onion powder
 - 1 teaspoon cayenne pepper, or to taste (optional)
- Note: recipe adapted from www.allrecipes.com,