

Chorizo a hard Spanish Sausage

In Spain, chorizo is a hard, cured sausage, but in Mexico, it's a seasoned ground meat sausage that's especially good for breakfast with eggs. This particular recipe comes from an old family friend who taught me as a child that cooking Mexican food from scratch doesn't need to be intimidating or difficult. You can use ground beef, ground pork, or a combination of the two.

3 1/2 pounds grassfed ground beef
1 1/4 cups red chile powder
6 garlic cloves, pressed
1/2 teaspoon dried cilantro
3/4 teaspoon dried Mexican oregano
2 tablespoons apple cider vinegar
2 cups tomato sauce
2 teaspoons salt
1 teaspoon black pepper

In a large bowl, combine the ground beef, chile powder, garlic, cilantro, oregano, vinegar, tomato sauce, salt and pepper. Mix gently with your hands until everything is incorporated. Cover and refrigerate for two or three days to allow the flavors to blend.

Divide into three equal amounts to cook or freeze.

To make chorizo and eggs, cook about 1 pound of the chorizo in a skillet, breaking into small pieces with a wooden spoon. Pour off any excess grease, if necessary.

When the meat is cooked through but not browned, add six eggs to the skillet and stir to break the yolks and scramble into the chorizo. When the eggs are set, remove from heat. Serve with warm flour tortillas.

Recipe courtesy of Marilyn Noble, AGA Communications Director.