



BY P.S. LAKSHMI RAO

Chili Con Queso
(Mexican Cheese Dip)



- 1 tablespoon unsalted butter or vegetable oil
- 1 cup finely chopped onions
- 8 jalapeño peppers seeded and cut in to small pieces
- 1 tablespoon all purpose flour
- ½-teaspoon fresh black pepper ground
- ¼-teaspoon cumin powder
- 3 fresh tomatoes peeled* and chopped or one can (14.5oz) peeled tomatoes diced and drained
- 2 tablespoons chopped fresh coriander leaves (cilantro)
- 2 tablespoons chopped fresh parsley or 1 teaspoon dried parsley flakes
- ½-teaspoon dry sweet basil flakes or one tablespoon chopped fresh basil (optional)
- 1 small box (1 pound) Velveeta cheese cut in to thin slices
- 1-cup milk

In a three quart sauce pan sauté onions and jalapeños in butter in medium low heat until onions become translucent. Add all-purpose flour, black pepper, and cumin powder. Fry for twenty seconds. Turn the heat down to low. Mix coriander leaves, parsley, sweet basil and cheese with onions. Keep stirring until the cheese melts. Add milk slowly while stirring for two minutes. The dip (chili con queso) becomes thick when it gets cold. Add warm milk and reheat in low heat. Consistency: when you dip corn chips or any other chips dip

should stick to the chips and should not run down. This dip is very good to eat in winter. Can be served in a fondue dish in low flame. Make sure the dip is not sticking to the bottom of the pan.

**To peel the tomatoes: Put the tomatoes in boiling water for half a minute. Remove tomatoes with a slotted spoon and submerge in cold water. Skin comes out easily.*

Salsa (Mexican Dip)

- 1 large sweet onion peeled and cut into half inch pieces
- 4 cloves garlic peeled and chopped
- 8 green jalapeño peppers seeded and cut in to half inch pieces
- 3 large tomatoes chopped or one can (14.5oz) of peeled and diced tomatoes
- ½ cup chopped fresh coriander leaves
- ½ cup chopped fresh parsley
- 1/4 cup white vinegar
- 1- tablespoon fresh or bottled lemon juice
- 1-teaspoon salt
- 1- teaspoon sugar
- 2- tablespoons tomato paste
- 1-teaspoon cornstarch
- ½ teaspoon dried sweet basil
- ½ teaspoon fresh ground black pepper
- 2 dried bay leaves

Mix first ten ingredients in a bowl. Put half of this mixture in to blender and blend, roughly. Pour this in to a three-quart saucepan. Repeat with rest of the onion mixture. Add tomato paste, cornstarch, sweet basil, bay leaves, and black pepper to the onions. Mix thoroughly until tomato paste dissolves.

Keep the saucepan on the stove in medium heat. Cook until salsa bubbles. Remove from the heat. When the salsa is cold spoon it in to an airtight bottle. Keep it in the refrigerator and use as needed with chips, burritos, enchiladas, and tamales.

You can keep this salsa in the refrigerator for two or three months. Do not use any wet spoons for serving. If you are using canned tomatoes don't have to blend them.

Salsa's consistency should be chunky, so please do not blend too much.

Note: Before cooking salsa you can adjust spices according to your taste.



BY RANI SHARMA

This month, we focus on looking good, no matter what our age.

Women in their 60s: The idea is to be well dressed without looking flashy. Select medium tones; not dull and not too bright. Stick to one color suits with elegant embroidery on the neckline and sleeves. A double shaded dupatta would add the extra flair. Look for practical, comfortable wear, like salwars with elastic.

Women in their 50s: Surprisingly, this is the age group that really wants to dress up. The kids are grown up; the family responsibilities have lessened. This age group also has the most money. So the focus, is once again on oneself, and on looking good. Choose, medium bright colors that are at least two shades darker than those recommended for women in their 60s. For



instance, if onion pink is perfect for a woman in her 60s, a brighter burgundy pink would look fab on a 50 something woman. Go for fitted pants over sherwanis, and richly embroidered dupattas.



Haute Suits
For All Ages

Bring out the sexy in you with deep cut backs and cut sleeves.

Women in their 40s: This age group is focused on children and home and work. There is no time to dress up; hence they are the least fashion conscious. I would suggest that all you women smarten up with smart, crinkled churidars. Experiment with short choli anarkali and a net dupatta. Brighten up, ladies!

Women in their 30s: Most women are either students at professional colleges or highly focused

professionals. This is also the time when women are finding their life partners. These women have a wardrobe full of synthetic clothes; quantity winning over quality. Glam up! Wear bright colors in blues, green and burgundies. Wear patiala salwars with short shirt. Capris with kurtis. A long jacket suit in see-through material over churidar. Watch your personality transform!

Women in their 20s and teens: This is the 'sensitive' age group. They want to look good, but are not sure what fashion really is. They want to be seen in whatever their peers wear, regardless of whether they look good or not. Wear string outfits (with thin shoulder straps) and heavy embroidery. You want to look sexy, without looking cheap.

Make-up: Twenties: Only eye-make up and gloss. Thirties: Very light make-up. Forties: The focus ought to be on makeup, see what suits you best. Fifties: Brighter make-up. If the eye shadow is bright, tone down on the lipstick and vice versa. Sixties: The make-up ought to match the skin tone. No eye makeup, save for eyeliner.

Shoes: Sixties: comfortable is the key. Fifties: Wedge heels. Forties: Small heels. Thirties: Pencil heels. Twenties: Glittering pencil heels.

Purses: Sixties & Fifties: Soft purses like gutchis and potlis. Forties: Clutches. Thirties & Twenties: Big purses.

For more information, call me at 404-633-4966 or drop by at the Raneez Boutique.