

MIGAS

This recipe was contributed by Abe Lopez. Minnie Lopez was Abe's mother and his family continues to make migas using her recipe.

This is the all-time favorite! It is a very hardy dish that can have as many variations as there are families!

Many families do not use milk but instead just use water. A rule of thumb is a cup of flour per cup of liquid and a cup for each person eating (example: for 5 people, use 5 cups liquid and 5 cups flour/Bisquick). Some families are traditionalists and will only use flour (with a little baking powder) - definitely no Bisquick. Others love the convenience of the Bisquick and believe that it takes less time to cook.

Accompaniments to migas vary according to family tastes: The Caldo, sometimes called remojon is popular. Basically, it is a broth with dried or roasted peppers, a little tomatoe sauce, spices, and even sardines for some families. Other families will just serve the roasted peppers on the side with canned tomatoes or will serve fruit such as pomegranates, grapes, or oranges. If you have it, fried chorizo is always a treat!

Also, traditionally, everyone eats the migas out of the same pan with individual dishes for the accompaniments.

Ingredients:

2 cups water

2 cups milk

2 heaping tsp. baking powder

Flour and Bisquick mixture (half and half)

2 eggs

4 cloves garlic

Dash of salt

Oil

Mix together water, milk, baking powder, eggs, salt and add flour or flour and Bisquick mixture until batter seems spongy, not too thick and not too thin. Getting the batter just right is the tricky part.

Heat oil in big migas skillet with 4 cloves of garlic. When garlic starts to turn brown, not burnt, take the garlic out and throw away.

Add the batter and start stirring fast with a fork, back and forth. This process takes a long while for the migas to finally break up into small pieces. Keep stirring with a fork and flipping the migas over, do not burn them.

This dish is great served with Spanish soup called Caldo , tomatoes, and grapes.