

# Monterey Jack Cookbook: A Culinary Adventure for Beginners, with Enchanting Lasagna and Enchilada Recipes



Hello! 300 Monterey Jack Recipes: Best Monterey Jack Cookbook Ever For Beginners [Lasagna Recipe, Enchilada Cookbook, Mexican Casserole Cookbook, Ground ... Recipe, Macaroni & Cheese Recipe] [Book 1]

by Ms. Ingredient

★★★★☆ 4.4 out of 5

Language : English  
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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 541 pages  
Lending : Enabled



Embark on a culinary journey with Monterey Jack cheese, a versatile and flavorful ingredient that will elevate your cooking repertoire. This comprehensive cookbook is meticulously crafted for beginners, guiding you through an array of mouthwatering recipes that will impress your family and friends. From classic lasagna to tantalizing enchiladas, this cookbook will ignite your passion for cooking with confidence.

## Chapter 1: The Ultimate Monterey Jack Lasagna

Indulge in the comforting flavors of lasagna, a beloved dish that brings families and friends together. Our recipe features a rich and creamy Monterey Jack cheese filling, nestled between layers of tender pasta and a savory sauce. With step-by-step instructions and helpful tips, you will master the art of creating this culinary masterpiece.

## **Ingredients**

### **For the Pasta Sheets:**

- 2 cups all-purpose flour, plus more for dusting
- 3 large eggs
- 1 tablespoon olive oil
- 1/2 teaspoon salt

### **For the Filling**

- 1 pound ground beef
- 1 onion, chopped
- 2 cloves garlic, minced
- 28 ounces crushed tomatoes
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 12 ounces Monterey Jack shredded

### **For the Sauce**

- 2 cups milk
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

## **Instructions**

### **To Make the Pasta Sheets:**

1. On a lightly floured surface, mound the flour and salt together.
2. Make a well in the center and crack the eggs into it.
3. Add the olive oil and whisk the eggs until smooth.
4. Gradually incorporate the flour into the eggs, mixing until a dough forms.
5. Knead the dough until it becomes smooth and elastic, about 5 minutes.
6. Wrap the dough in plastic wrap and let it rest for at least 30 minutes.

### **To Make the Filling:**

1. In a large skillet, brown the ground beef over medium heat.
2. Add the onion and garlic and cook until softened.
3. Stir in the crushed tomatoes, oregano, and basil.

4. Bring to a simmer and cook for 15 minutes, or until the sauce has thickened.
5. Remove from heat and stir in the Monterey Jack.

### **To Make the Sauce:**

1. In a saucepan, melt the butter over medium heat.
2. Whisk in the flour and cook for 1 minute.
3. Gradually whisk in the milk until smooth.
4. Season with salt and pepper and cook until the sauce has thickened, about 5 minutes.

### **To Assemble the Lasagna:**

1. Preheat oven to 375°F (190°C).
2. In a 9x13 inch baking dish, spread a thin layer of sauce.
3. Top with a layer of pasta sheets.
4. Spread half of the filling over the pasta sheets.
5. Top with another layer of pasta sheets.
6. Spread the remaining filling over the pasta sheets.
7. Top with the remaining sauce and sprinkle with grated Parmesan cheese.
8. Bake for 30-35 minutes, or until the cheese is melted and bubbly.
9. Let stand for 10 minutes before slicing and serving.

## **Chapter 2: Enchanting Monterey Jack Enchiladas**

Savor the vibrant flavors of enchiladas, a beloved Mexican dish that combines tender tortillas filled with a delectable mixture of cheese, meat, and vegetables. Our recipe features Monterey Jack as the star ingredient, creating a smooth and flavorful filling that will melt in your mouth. With a side of homemade salsa and sour cream, these enchiladas will become a family favorite.

### **Ingredients**

#### **For the Enchiladas:**

- 12 corn tortillas
- 1 pound shredded cooked chicken
- 12 ounces Monterey Jack, shredded
- 1 onion, chopped
- 1 bell pepper, chopped
- 1/2 cup chopped cilantro
- 1/4 cup chopped jalapeño (optional)

#### **For the Sauce:**

- 1 (28-ounce) can crushed tomatoes
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1/4 teaspoon salt

- 1/4 teaspoon black pepper

## **Instructions**

### **To Make the Filling:**

1. In a large bowl, combine the chicken, Monterey Jack, onion, bell pepper, cilantro, and jalapeño (if using).
2. Mix well until combined.

### **To Make the Sauce:**

1. In a saucepan, combine the crushed tomatoes, chili powder, cumin, salt, and black pepper.
2. Bring to a simmer and cook for 15 minutes.

### **To Assemble and Bake the Enchiladas:**

1. Preheat oven to 350°F (175°C).
2. Spread about 1/4 cup of sauce in the bottom of a 9x13 inch baking dish.
3. Fill each tortilla with about 1/2 cup of the filling.
4. Roll up the tortillas and place them seam side down in the baking dish.
5. Pour the remaining sauce over the enchiladas.
6. Cover with aluminum foil and bake for 20-25 minutes, or until the enchiladas are hot and bubbly.
7. Uncover and sprinkle with additional Monterey Jack (optional).

8. Bake for 5 minutes more, or until the cheese is melted.

Embark on a culinary adventure with this comprehensive Monterey Jack Cookbook, designed to empower beginners with confidence in the kitchen. Whether you crave the comforting flavors of lasagna or the vibrant zest of enchiladas, this cookbook will guide you through every step, unlocking a world of culinary possibilities. With its engaging content and tantalizing recipes, this cookbook will ignite your passion for cooking and leave your taste buds yearning for more.

So, gather your ingredients, don your apron, and let the flavors of Monterey Jack take you on a culinary journey that will leave an unforgettable impression on your taste buds and those of your loved ones.



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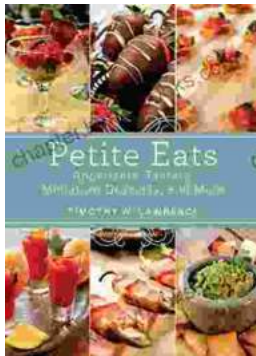
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