INFORMATIVE SPEECH OUTLINE

Topic: The enchilada

Introduction

Attention Getter: Are you hungry and don’t know what to cook? Then make yourself an enchilada. With the 1-800-enchilada support line you will be an expert in no time.

Listener Relevance Link: You should listen to my speech so you can learn how to make an enchilada and so you can get a free enchilada.

Thesis: The purpose of this speech is to teach the audience about the main ingredients in an enchilada, as well as, how to make one.

Preview: 1. The food tradition in Mexico
   2. The main ingredients you need to make an enchilada
   3. How to make an enchilada

(Transition: Now that I have explained to you what I will be talking about, let’s begin by talking about the food tradition in Mexico.)

Body

I. The food tradition in Mexico
   A. According to Philip Leetch, the writer of the newspaper article “New world, new flavours; Paper 1a” in the South China Morning Post, “one of the great advantages of the 15th century meeting between …cultures was the exchange of foodstuffs that took place as a result. Until that time the Old World had no idea of tomatoes, avocados, chillies,
potatoes or chocolate. The Spanish explorers found a rich new food tradition in Mexico and soon took many of its treats home” (2007, p. 8).

B. Plus, as Jason Perlow states in his newspaper article “We don’t need no stinking Taco Bell,” which was written in the New York Times, Mexico has “the most complex food history in the Western hemisphere” which is not truly represented by the Tex-Mex food we eat (2005, p. 12).

(Transition: Now that I mentioned a little bit of the food tradition in Mexico, let’s go over the main ingredients needed to make an enchilada.)

II. The main ingredients that are needed to make an enchilada are tortillas, cheese, potatoes, and the sauce.

A. One of the main ingredients is the corn tortilla.

1. The corn tortilla, as Mary O’Grady stated in her article “Tortilla Facts,” in the Wall Street Journal, is a “symbol of national identity in Mexico” (2007, p. A16).
2. In other words, as Jorge Rosado mentioned in the Journal of Nutrition, “corn tortillas are the staple food of Mexico,” and they are a great source for calcium (2005, p. 2578).

B. Another main ingredient is the cheese.

1. Cheese, as mentioned in the newspaper article “The dairy whey” from the Courier Mail (Australia), is good for our bodies, for “it is a great source of calcium, [and] protein” (2007, p. 12).

C. The potato is another main ingredient.
D. Lastly, the sauce can be prepared the traditional way, or to make it easier it can be bought.

(Transition: Now that I mentioned the main ingredients, let’s talk about how to make the actual enchilada.)

III. How to make an enchilada

A. First, cook the potatoes, and then mix the potatoes with the cheese, like a dough mixture. Then, you get your tortillas, and one by one you dip them in hot oil until they get soft. Once the tortilla is soft, you cover the tortilla with the red sauce. Then you take the tortilla covered with sauce and add the cheese and the potato. After that, you roll the tortilla and place it in a baking pan. You keep doing this process until you finish your cheese and potato. Once you finished making the enchiladas, sprinkle some potatoes and cheese over them. Lastly, preheat your oven to 350 degrees Celsius and place your baking pan with all the enchiladas in the oven for about 3-5 minutes; they are ready to eat.

(Transition: In conclusion…)

Conclusion

Review: 1. The food tradition in Mexico
2. The main ingredients you need to make an enchilada
3. How to make an enchilada
Restate Thesis: We have learned about the main ingredients in an enchilada, as well as how to make one.

Closing: And remember, with the 1-800-enchilada support line you will be an expert in no time.
References


