

NEW MEXICO TASTY RECIPES

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Cookbook

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In this collection of Spanish recipes, only those used in New Mexico for centuries are given, excepting one or two Old Mexico recipes.

POLLO RELLENO

Take a young rooster, place in kettle with enough water to half cover. Simmer gently until half tender. Drain out water, cool, and stuff with the following dressing: Melt in fryingpan a teaspoonful of pork lard, suet in it, a tsp. of chopped onion, and $\frac{2}{3}$ lb. cooked ground lamb or beef; add $\frac{1}{2}$ cup seeded raisins, $\frac{1}{2}$ cup piñon nuts, and wine glass of red sweet wine; mix well and stuff chicken with this. Grease chicken well with lard or butter, sprinkle with salt, pepper and flour, and bake in oven until brown and tender. Use the chicken stock in which it was boiled to make the gravy.

POLLO MARZENO (Spring Chicken)

Cut up chicken as for stewing; simmer with 2 cups water for 4 minutes. Add 2 cups green squash cut in small pieces, a little chopped fried onion, salt to taste. Simmer gently till tender.

POLLO CON AROZ (Stewed Chicken)

Cut up a tender young hen in small pieces. Place in kettle with enough warm water to cover, and boil gently. When tender, add cup of cooked rice, onion, salt and white pepper to taste, and a little crumbled dry mint. Simmer a few minutes to cook onion, and serve.

PIPIAN

Grind together a handful of roasted pumpkin seed nuts, handful of roasted white corn, and two red chiles from which seeds and veins have been scraped. Grind into fine powder, dissolve in cup of water and cook until it thickens. Fry quail or spring chicken and add to this gravy. Cover and simmer until meat is tender. Add salt.

CANFFAINITA

Boil mutton or lamb liver until well cooked. Drain and grind in a meat chopper. Add a pinch of cloves, salt, a little sugar, raisins, and a wine glass of native or port wine. Mix well and serve.

MORCIAS (Blood Sausage)

This rare morsel and the crisp Chicharones are made at hog-killing time. A pot is made ready to catch the warm blood as it gushes out of the hog's cut throat. When cooled it is fried with a small piece of chopped suet, a little chopped onion, raisins, piñon nuts, a little salt added. Stir to mix, cook well and serve, or form into sausages to keep, heating before serving.

ALBONDIGAS (Spanish Meat Balls)

Grind 1 pound fresh lamb or beef, add 1 tsp. chopped onion, 1 tablespoon blue corn meal or bread crumbs, one egg mixed, 2 pinches ground cilantro seeds and crumbled dry mint, salt and pepper to taste. Mix well and form into little balls the size of a walnut, and cook in a gravy made of 1 tsp. pork lard and 1 level tablespoon browned flour and cup of water; $\frac{1}{3}$ cup of cooked rice may be used instead of the flour in the gravy, adding salt and a little pepper to taste. Cover and simmer until meat is tender.

CARNE DE OYA (Meat Stew)

Place in a stew kettle 1 pound lamb stew meat (ribs or back preferred), add $\frac{1}{3}$ cup garbanzo (chick peas) which have been soaked and shelled, or $\frac{1}{2}$ cup rice. Cover with water and boil until tender. Add salt, pepper, and a little crumbled cilantro leaves, and onion. Simmer a few minutes. A few pieces of corn on the cob may be used instead of the garbanzo or rice. Rice is added 15 minutes before the meat is done.

DISHES PREPARED WITH CHILE AND DRY CORN

The corn for these dishes is prepared a day or two ahead, as it takes a great deal of time and labor.

To prepare the nistamal, corn for the posole, tamales and tortillas, it is first boiled in lime water until the skin peels off. It is then washed in two or three waters. In my grandmother's time, after the corn had been washed it was then despiquado, the little black end removed with a pen-knife, so the tamales would come out white and smooth.

The blue corn used in making the tortillas is also boiled in lime water until it peels, washed twice so as to leave a little of the lime taste. Grind on stone metate or grinder into smooth lump. In Old Mexico only the white corn is used, but the blue corn has a better flavor.

CORN TORTILLAS

It requires a much-practiced hand to manage the dough. Few now know how to make the corn tortillas. Take a piece of the dough the size of a biscuit, work between hands into a round, thin cake. Lay this on a greased, hot iron. (A little rag dipped in melted pork lard is used to grease iron.) Wet the hand in cold water often, and press and whirl tortilla around continually to keep from sticking. When flattened thin and smooth, and cooked on the under side, wet the hand and press edge of palm on one end of the tortilla and turn it quickly. Let brown and place spread in a basket to keep from getting soggy.

In making tortillas out of the dry nixtamal meal, mix meal with hot water, cover, and let stand about 5 minutes, so that it will stick together. Proceed as with fresh corn dough. These tortillas are used in place of bread, and for enchiladas.

ENCHILADAS

Use freshly made tortillas, because corn tortillas dry up from one day to another. Fry slightly on a greased griddle, place on pie plate, then spread with grated American cheese and grated onion. Pour over it hot chile sauce. Cover with another tortilla and repeat the spread. Place in warm oven to melt the cheese. Garnish with shredded lettuce and serve.

RED CHILE SAUCE

To prepare from dry powdered chile: Dissolve a tablespoonful of the chile in half a cup of cold water. Pour into a skillet in which a tablespoon of pork lard has been melted and in which a teaspoonful of flour has been slightly browned. Add cup of water or meat stock, a grated garlic clove, salt, and a pinch of dry crumbled oregano. Simmer a few minutes until thickened and use.

CHILE CARIBE

A more tasty sauce is prepared from the whole, dried pepper. Remove stems, seeds, and scrape veins off; crumble in a sauce pan, cover with water, soak a few minutes, then work with the hand until all the meaty pulp is dissolved. Strain through colander, pour into a skillet containing same ingredients as specified for the above dry chile sauce. Another method is to simmer the peppers for 2 hours after scraping, then rub through colander and proceed as above, adding enough water or meat stock to make a thick sauce.

CARNE ADOBADA

Season highly with garlic the above chile sauce, add salt. In it soak strips of pork meat for 2 days. Cut up meat in small pieces and fry.

CARNE CON CHILE

Boil pork meat until tender, drain and cut in small pieces and place in a saucepan. Add the meat stock strained, and 1 tablespoon red chile powder dissolved in a little water, or better, a cup of chile caribe. Season with garlic, oregano and salt, simmer until thickened.

TAMALES

The white nistamal corn is ground in the same way as the blue corn for the tortillas. To a quart of corn dough add two tablespoons creamed pork lard and salt to taste. Mix well; add enough tepid water to make it the consistency of stiff cornbread batter. Beat until very light --when a little piece dropped into a cup of cold water will float on top.

Wash and dry wide corn husks. Place at wide end of husk 1 large tablespoon corn dough. Make a hollow in the center, and fill it with chile con carne. Cover the meat well with the dough, wrap with the husk, fold the other end over and place in a steamer. Cook for 2 hours, or less according to size of tamale. They must come out light and dry. The nistal corn may also be dried and ground in the flour mill in large quantities, and kept and used in the same way as the fresh corn, but is not as tasty.