

SAMPLINGS FROM "THE PUEBLO INDIAN COOKBOOK"

by Clydia Nahwooksy

The Museum of New Mexico Press will soon publish *The Pueblo Indian Cookbook*, compiled by Phyllis Hughes. It includes recipes from the nineteen Pueblos located in Arizona and New Mexico. Among them are the Zuni, Hopi, San Ildefonso, Santa Domingo, and Acoma, known for their beautifully crafted jewelry and pottery.

Significant among the recipes are three kinds of breads: (1) Round, wheat-flour loaves baked in beehive ovens adapted from the Spanish, (2) Tortillas made of cornmeal and cooked on a griddle, and (3) Piki (paper) bread made of cornmeal cooked on flat, heated stones.

The Pueblo tribes are traditionally agriculturalists and utilize a varied mixture of vegetables in many of their recipes. Corn is very important, ground for bread or mixed with other vegetables, such as squash, beans, and pumpkin, then seasoned with chilies for taste-tempting dishes.

Red and green chilies, prepared in a number of ways, are a trademark of Pueblo food. They enliven the palate and give personality to recipes that otherwise might be very mundane.

Today's meals are prepared by utilizing many of the convenience foods available in supermarkets. However, many of the age-old recipes are also used and due appreciation is given to them as part of the continuing traditional culture of Pueblo life.

Changes take place, and yet within the Pueblo there is that special essence that lingers.

THE PUEBLO

The quiet, subtle laughter of women as they prepare the meal.

The food, hot and steaming, nourishing, served in a pottery bowl; the same color as the people.

The flow of the awakening sun as it pours itself into the darkness of mud-plastered walls beginning another day.

This is the world of the Pueblo.

And now this is the new day:

The laughter is still subtle, still quiet.

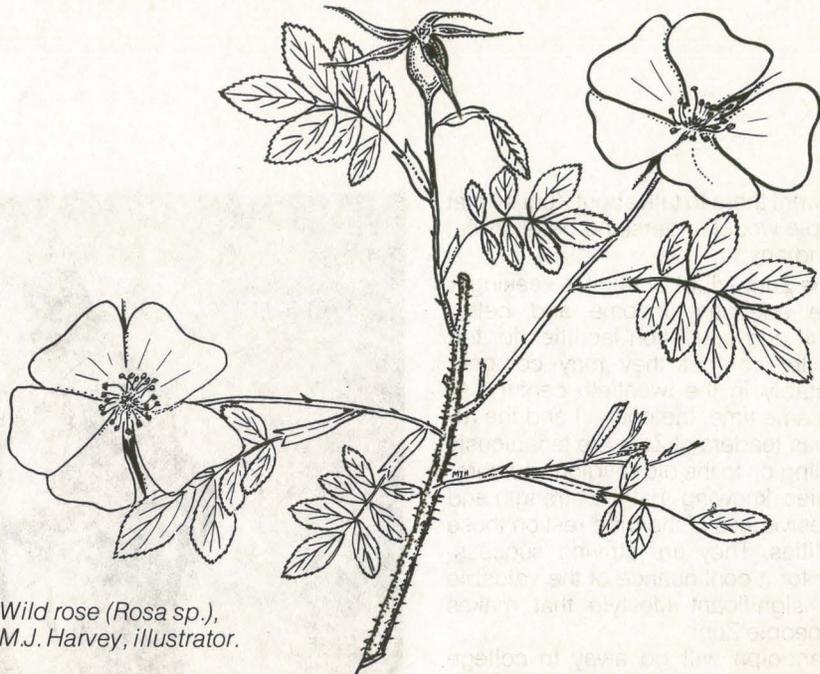
The food is still hot, still humbly accepted and given thanks for.

Only the plaster has changed,

but the sun is still round, like the pottery,

like the kiva, and still the color of the people.

Larry Bird — Santo Domingo-Laguna



Wild rose (*Rosa sp.*),
M.J. Harvey, illustrator.

WILD ROSE HIPS JELLY

4½ lbs. wild rose hips gathered in fall when soft
4 cups water
1 box Sure-Jell (or substitute one cup apple juice for one cup water)
5½ cups sugar

Remove blossom ends of hip, split and remove ball of seeds. Crush fruits thoroughly, add water, bring to boil and simmer, covered, for 10 minutes. Pour into cloth bag in large bowl, tie top of bag and hang until all juice has drained from bag. This should yield about 4 cups juice.

Mix Sure-Jell (or apple juice) with rose juice in large saucepan and bring to hard boil over high heat. Add sugar and bring to rolling boil for one minute, stirring constantly. Remove from heat, skim, pour into sterilized glasses, and seal.

GREEN CHILI FRY

5 large chilies, roasted
2 large tomatoes
2 ears fresh corn
1 onion, chopped
1 tablespoon lard or other shortening
Remove chili seeds, peel pods, and chop coarsely. Cut kernels from corn cobs, cut tomatoes into large cubes, and fry all ingredients until soft, stirring thoroughly.

HARVEST BAKE

2 lg. zucchini or yellow summer squash, sliced
1 onion, chopped
1 sweet green pepper, seeded, cut into thin strips
1 cup fresh corn cut from cob
2 tomatoes, sliced
1 teaspoon chili powder
1 teaspoon oregano
¼ teaspoon cumin seed
2 tablespoons grated longhorn cheese
2 tablespoons cooking oil

In iron pot (or flameproof casserole) sauté onion in 1 tablespoon oil until golden. Mix all seasonings together. Layer vegetables sprinkled with seasonings, drizzle with remaining oil. Cover and bake at 350 degrees for one hour. Add sliced tomatoes, top with cheese and bake uncovered for 20-30 minutes until cheese is thoroughly melted and bubbly.
(Serves four)

INDIAN TORTILLAS

2 cups whole wheat flour
2 cups white flour (or white harina cornmeal)
2 teaspoons salt
4 teaspoons baking powder
1 tablespoon shortening (lard or margarine)

Water (or milk) to make a stiff dough

Mix all ingredients in a large pan or bowl, work in shortening thoroughly. Add liquid gradually to make a stiff dough, dry enough not to stick. Knead in pan or bowl for 5 minutes until springy. Pinch off into small balls and roll these into round flat cakes $\frac{1}{8}$ -inch thick. Heat large iron skillet or griddle. Drop tortillas one at a time onto ungreased pan, brown on one side about 3 minutes, turn, brown other side. Put cooked tortillas between folds of clean towel. This will make 6 tortillas about 6 inches in diameter. Prepare shortly before serving with meal. They will stay warm in cloth about 15 minutes. Tortillas should be torn, not cut.

PUEBLO BREAD

9 cups flour
2 packages dry yeast
 $\frac{1}{2}$ cup warm water
2 teaspoons salt
4 tablespoons melted lard or cooking oil
2 cups water

Soften yeast in warm water. Mix melted lard or oil, salt and yeast in large bowl. Alternately add flour and water, a little at a time, beating thoroughly after each addition, kneading in last of flour until dough is very smooth. Shape in ball and let rise, covered with damp cloth in large greased bowl, until doubled in bulk.

Punch down, and knead on floured board for at least five minutes. Shape into four balls, put in greased baking pans, cover with cloth and let rise for 20-30 minutes in warm place.

Bake in 400-degree oven for 50 minutes or until tops are browned and loaves sound hollow when tapped.

PURSLANE

4 slices bacon
2 medium onions, chopped
2 medium size tomatoes
1 clove garlic, mashed
3 cups purslane leaves
salt to taste

Cook bacon until crisp and drain. Sauté onions in bacon fat, add all other ingredients except purslane and cook 15 minutes. Add purslane and crumbled bacon, stir for one minute until greens are limp. (Serves 2-3)

PLANTAIN—INDIAN WHEAT

4 cups tender young plantain leaves (no stems)
 $\frac{1}{2}$ cup boiling water
salt to taste—(crumbled crisp bacon optional) Cook covered for 2-3 minutes
Plantain leaves may be dipped in milk, then in flour and fried over low heat for 30 minutes. Good hot or served cold like chips.

STEAMED WILD CELERY

6 cups small, tender wild celery greens
2 spring onions, chopped
1 tablespoon bacon drippings
salt to taste

Wash greens thoroughly in two or three (cold) waters, having removed all roots. Spread in baking pan, add sprinkle of water, onion, and drippings. Cover pan with foil or tight-fitting lid and let steam in slow oven for 20-30 minutes. May be dried and used in stews or sprinkled on roasts or chops.

LAMBS QUARTERS (Wild Spinach)

4 cups tender tops of plants
1 onion, chopped
4 slices bacon, fried crisp
 $\frac{1}{4}$ cup vinegar
 $\frac{1}{4}$ teaspoon salt

Saute onion in bacon fat, add vinegar and salt, and bring to simmer. Add washed greens and stir just until they become limp. Sprinkle crumbled bacon over and serve hot. (Serves 2-3)



Curly Dock (*Rumex crispus* L.),
M.J. Harvey, illustrator.