



Northern New Mexico recipes

From McCurdy friends

Northern New Mexico cuisine is a blend of native plants, Pueblo traditions, Hispanic traditions brought from Europe and more recently Anglo influences melded together into a wonderful cuisine influenced by red and green chile, blue corn, squash, rice, piñon nuts and even Fritos. Our cuisine is not Tex-Mex. It

is not Mexican food. It is food enriched by cool Northern New Mexico nights, dry sunny growing days, high altitude, acequias (irrigation ditches) that are thousands of years old, and the genius of the Pueblo farmers. These recipes come from McCurdy friends:

- Liddy Martinez, outstanding civic leader and business woman in the Española Valley, whose son Ian Martinez, graduated from McCurdy in 2008 and her daughter-in-law, Alex Martinez graduated from McCurdy in 2009. Liddy recently published *“The Chile Line: Historic Northern New Mexican Recipes.”* The book can be ordered at Pajaritopress.com
- Dee Dee Heffner, retired McCurdy missionary for 38 years and parent of three McCurdy graduates.
- Diana Loomis, McCurdy director of development/church relations at McCurdy who grew up in Albuquerque and loves Northern New Mexico cuisine.
- Patricia Alvarado, McCurdy executive director, parent of four McCurdy graduates, a Norteña who grew up in Northern New Mexico and is steeped in Northern New Mexico traditions.

We also have a McCurdy cookbook called *“Recipes of a Century Past”* that was published in 2012 by McCurdy graduates to help celebrate the 100th anniversary of the ministry. This cookbook is for sale in the McCurdy Gift Shop and can be ordered by emailing dlondon@mccurdy.org.

Recipes from Dee Dee

Dee Dee’s Green Chile Enchiladas

Brown together

1/4 cup butter

1/2 cup chopped onion

Combine onions/butter

2 cups chicken broth

1-2 cups of chopped green chile (If this amount of chile is too much for your taste, use a 4 oz. can or two of green chile.)

Can of cream of chicken soup

Layer a greased 9”x13” baking dish with corn tortillas. (They may be fried briefly in oil if you like.)

Add several cups of shredded cooked chicken, the chile mixture, and shredded cheddar cheese.

Continue layering, using a dozen corn tortillas on the last layer of corn tortillas top with cheese. Bake about 30 minutes at 350 degrees.

Calabacitas (Squash)

2 tablespoons olive oil

1/2 red or white onion, chopped

3-4 baby zucchini (or a mixture of zucchini and other summer squash)

2-3 cloves chopped garlic

1 cup corn kernels (best if cut from the cob)

In a skillet, heat the oil and add the onion, garlic, and squash. Sauté until the vegetables soften a little. Add

the corn and heat through. You may add green chile or chopped cilantro and grated cheddar cheese. There are many variations of calabacitas.

Dee Dee’s Frito Pie

1 pound ground beef

Pinto beans (cook dry beans in a slow cooker or use canned beans)

Red chile sauce (see recipe below)

Fritos

Chopped white onion

Shredded lettuce

Chopped tomato

Grated cheddar cheese

Serve in individual bowls. Brown the ground beef and combine with the beans and red chile. Put Fritos in the bowls. Add the meat/beans/red chile mixture. Garnish with onions, lettuce, tomatoes, and cheese. If you do not like red chile or find New Mexico red chile too hot, you may omit the chile and add some water to the meat after browning it, adding a little chile powder if you like.

Rancho de Chimayo Cookbook Red Chile

Makes about 5 cups

3/4 cup ground red chile, preferably Chimayo red

1 tablespoon minced white onion

1 glove of garlic, mince

½ teaspoon salt

4 cups water or vegetable broth

2 tablespoons cornstarch, dissolved in 2 tablespoons water

Into a large, heavy saucepan, measure the chile, onion, garlic, and salt. Slowly add the water or broth, stirring carefully. Cook the mixture over medium heat until warmed through, and add the cornstarch. Bring the sauce to a boil; then reduce to a simmer. Cook for about 10 minutes, stirring occasionally. This vegetarian red chile sauce keeps for up to five days in the refrigerator. It also freezes well.

Indian Bread Pudding (Sopa or Capirotada) from the late Teresita Naranjo, well-known Santa Clara Pueblo potter

1 cup sugar

2 cups water

6 slices toasted bread

1 teaspoon cinnamon

1/12 cups grated cheese

1 cup raisins

Pinon or pine nuts

Caramelize sugar, add water and cinnamon and boil until sugar is dissolved. Place a layer of toasted bread in a greased casserole dish; add cheese, raisins, and nuts. Repeat until all ingredients are used. Pour syrup over mixture and bake in 350 degree oven until all the syrup is absorbed by the bread.

A Recipe from Diana

Chile con Carne

2 ½ pounds lean ground beef

1 medium yellow onion

3 16 oz cans of Bush's Chili Beans which comes in mild, medium and hot

2 16 oz cans of small diced tomatoes

2 16 oz cans of tomato sauce

Genuine Chimayo mild, medium or hot red chile powder to taste. I frequently make two crock pots of chile con carne. One with one heaping tablespoon of mild chile powder for those who can't handle the heat and another two or three heaping tablespoons of hot chile depending on how you tolerate the spice/heat of the chili.

Lowry's Season Salt to taste usually 2 tsp.

Brown 2 1/2 pounds of lean ground beef with one medium onion. Put meat into a large crock pot, add beans, tomatoes, tomato sauce, chili powder and salt. Stir together. Heat on low all day or on high for a three hours before serving. Authentic Chimayo chile powder makes the best chile! To order go to

<https://madeinnewmexico.com/chimayo-pure-red-chile-powder>

Recipes from Patsy

Crock Pot Posole

1 bag frozen posole

8 cups water or broth

2lbs Pork or Chicken (strips or cubed)

Olive oil (1/2 cup)

Onion (1 small)

Garlic (1 tsp minced)

Red dried chili pods (3-4; depending on your preference for how spicy you like your food)

Salt (to taste)

Soak posole for about a half hour and rinse at least 4 times in cold water and drain. Warm olive oil and on low heat, sauté onion and garlic and then brown meat, do not completely cook (set aside). Pour water or broth. Immerse chili pods and then pour posole and meat mixture over the immersed chili pods. Cover and cook on high setting for about 2 hours. Lower temperature to low setting, check on the posole and as it expands, add more water, stir, and cover several times. (Do not let the posole get dry). Cooking time usually takes about 4 hours depending on your crock pot. You will know it is ready when the posole has "popped" and is soft and looks like popcorn (Do not overcook or the posole will turn soupy and mushy). Add salt to taste and stir.

Mexican Rice

For each cup of Uncle Ben's Converted Rice

2 cups chicken bouillon

½ can tomato paste

1/8 tsp cumin

1/8 tsp garlic powder

1/8 cup bacon grease (1/8 cup)

1 small onion (diced)

Fry rice in bacon drippings until golden brown and puffy. Add onions and stir for a few minutes. Add Bouillon mixture, garlic powder and cumin. Add tomato paste and stir to dissolve; bring to a rolling boil while stirring. Cover and lower heat and simmer until all fluid has evaporated, stirring so as not to burn.

Recipes from Liddy

Enchiladas Compuestas

I learned how to cook traditional New Mexican dishes at my grandmother's side. We raised a few animals, a small flock of chickens, and kept a vegetable garden. My methods are still Farm-to-Table, a new buzz-phrase in the world of cuisine, but a centuries-old tradition in our northern New Mexico area that is still alive and well. Because of our rural nature, bartering with neighboring farms was essential, and allowed for a tried-and-true distribution system that kept products fresh, improved variety, and perhaps, more importantly, created a self-sufficient community that thrived on an established network of growers and consumers. There are a vast number of very accomplished cooks in our region, and I will be the first to say that I am but one humble, local farmer who happens to love to cook.

There are a thousand ways to make the dishes I will be sharing with you, so I encourage you to be creative in your kitchens and make substitutions to fit your dietary needs and available ingredients in your pantry. When one of my recipes calls for lard, don't faint! You can usually substitute with butter or shortening, and sometimes, oil, depending on the recipe. Keep in mind; most of these traditional recipes were developed over the centuries in my family and represent ingredients available in the early 1900s.

Enchiladas Compuestas is typically made with beef, but you can substitute lamb, pork, or poultry with equally good results.

- 2–3 tablespoons olive oil
- 1½ pounds beef (cubed or ground)
- 1 teaspoon salt
- 1 small onion, chopped
- 3 cloves of garlic, minced
- 2 tablespoons flour
- 1 cup red chile powder (not *chili* powder)
- 4 cups chicken- or beef broth
- 1 cup cold water

Instructions

Sauté beef, salt, and onions in oil in a heavy cast iron Dutch oven until the onions are transparent. Remove from pot and set aside. Toss minced garlic into the pot adding an additional teaspoon of oil, if needed, and sauté for one minute. Then add flour and cook until golden brown, whisking into caramelized particles at the bottom of the pan.

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When you smell a nutty aroma and the roux is golden brown, add the chile, and then the broth, whisking rapidly to dissolve any lumps. (Wear an apron—red chile never comes off clothing!) Bring to a boil and then reduce heat to simmer. At this point you must judge the thickness of your sauce. How thick or thin you need it will depend on what your intended use is, such as for Frito pies or enchilada casserole, you will want a thinner sauce than that intended for flat enchiladas. Add small amounts of cold water to thin to desired thickness and wait until the chile reaches a boiling point before adding more water so that you will know the true consistency. Simmer for 10 minutes and remove from heat. If you want your chile to have meat in it, add some of the cooked beef you've set aside; if you don't, save the beef for the enchilada layering or for another dish altogether. You could also make the chile without using the pan drippings but you would be sacrificing flavor.

Enchiladas

- 4–6 tablespoons lard or cooking oil
- 12 corn tortillas
- 2–3 cups prepared Red Chile, piping hot
- 2 cups cooked ground or cubed beef (or any other meat protein)
- 2 cups grated Cheddar cheese
- 1 cup finely chopped onion
- 6 eggs
- ½ head iceberg lettuce, shredded
- 2 ripe tomatoes, chopped

Instructions

Heat oil in a pan over medium heat and fry each tortilla just until soft, turning once, and drain on paper towels. On each plate, layer the dish, beginning with chile, then tortilla, beef, cheese, onion, chile, tortilla, chile, and cheese. Fry eggs over-easy and add one to the top of each stack. Garnish around the edge of plate with shredded lettuce and top with tomato. Serve immediately.

Recipe makes 6 servings.

Biscochitos, the New Mexico State Cookie

Now, get going! It's time to start your baking! Make double batches and freeze the extra dough; you can thaw and bake another round when company is expected, or if you have superior will power, bake them all now, freeze the cookies and save time, although I must warn you that this makes it super easy to access them whenever the urge strikes, and they tend to disappear quickly.

Ingredients

3 cups lard, at room temperature
2½ cups sugar
3 eggs
1½ cups whole milk or 1 can evaporated milk
1 teaspoon baking powder
1 teaspoon baking soda
½ teaspoon salt
1 tablespoon whole anise seed, crushed
1 tablespoon vanilla
Flour, about 4-5 pounds
Bench flour
Cinnamon-sugar, for dusting

Preheat oven to 375° F.

Instructions

Cream lard, sugar, and eggs until light and fluffy. Add the rest of the ingredients (except flour) in order until well mixed. Then add the flour a little at a time, mixing with both hands on a floured counter or table until the dough no longer sticks to your hands. A kitchen helper is essential for this or it will get messy.

Cut the ball of dough into quarters, and roll out a section at a time, using bench flour, to about ½-inch thickness or less.

Cut out fleur-de-lys (or other) shapes with cookie cutters, transfer to sheet pans and dust tops with cinnamon-sugar. Bake for 12-15 minutes. Cool on racks.

Makes 8-10 dozen depending on thickness.