



# CORN RECIPES

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The mission of Native Seeds/SEARCH (Southwestern Endangered Aridland Resources Clearing House) is to conserve, distribute, and document the adapted and diverse varieties of agricultural seeds, their wild relatives and the role these seeds play in cultures of the American Southwest and Northwest Mexico.

## HOT PINOLE DRINK

- 2 c. milk
- 2 heaping T. Pinole
- 1 T. brown sugar
- 1 tsp. vanilla
- 1 T. malted milk powder (optional)

Heat milk to scalding. Whisk in remaining ingredients until frothy and serve in mugs. May sprinkle with nutmeg or cinnamon.

## CHICOS WITH CHILES

- 1 c. chicos
- 1 small onion
- 1 clove garlic
- 2 fresh green chiles, such as Sandia or Vallero
- 2 cup chopped tomatoes
- ¼ — ½ teaspoon ground chipotle
- 2 Tablespoons cilantro
- ½ teaspoon salt

Rinse chicos and soak several hours or overnight. Simmer in 2 cups fresh water for 45 minutes—1 hour or until tender. Drain. Sauté onion, garlic, and chiles in small amount of oil in 10" skillet 5—7 minutes. Add ground chipotle and stir one minute. Add chicos and tomatoes; simmer 5 minutes, stirring occasionally. Stir in cilantro and salt and serve.

Chicos may also be added to stews and soups or used in place of hominy or posole.

## ROSY CORN MUFFINS

- 1 cup red cornmeal
- 1 cup unbleached flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ¼ cup olive oil
- 2 Tablespoons honey
- 2 Tablespoons mashed bananas
- 1 egg
- ½ cup plain yogurt
- ½ cup skim milk
- cinnamon sugar

In large mixing bowl, stir together cornmeal through salt. In small bowl whisk olive oil through milk. Add to flour mixture and stir until just blended. Spoon into 12 greased muffin tins and sprinkle with cinnamon sugar. Bake 15—20 minutes at 400 degrees. Makes 12 muffins.

## PINOLE-SQUASH BREAD

- 1 ½ cup skim milk
- 2 packages baking yeast
- 1/3 cup sorghum or molasses
- 1 ½ teaspoon salt
- ½ cup olive oil
- 1 cup cooked, mashed winter squash
- ½ cup Pinole
- 3—4 cups flour
- 2 cups whole-wheat flour

Heat milk to lukewarm and pour into large mixing bowl. Whisk in yeast, sorghum, and salt. Using wire whip, add oil and squash, then Pinole and 1 cup flour. Beat 1—2 minutes. Mix in whole-wheat flour. Stir in enough additional flour to make a stiff dough. Knead on a floured surface 8—10 minutes. Cover dough lightly and let rest 20 minutes. Divide in half, shape into loaves and place in greased 9x5 inch loaf pans. Let rise in warm place until doubled, about 45 minutes. Bake 25—30 minutes at 375 degrees. Turn out onto wire rack to cool. Makes 2 loaves.

## BEAN AND CHICOS DINNER CAKES

½ cup chicos  
1 cup cooked beans  
2 Tablespoon cornmeal  
1 P'itotí or green onion, minced  
1 teaspoon chile powder (your favorite)  
salt to taste

In saucepan, cover chicos with water, bring to a boil, cover and let sit 30 minutes. Simmer 1 hour or until fairly soft. Cool slightly, drain, and coarsely chop. Mash or puree beans, cornmeal, onion, and chile powder with a bean masher or in a food processor. Mix beans with chicos and adjust seasonings. Shape into small cakes about 1/3" thick. Brown in lightly oiled skillet on both sides. Good served with mole, pipian sauce, or salsa.

## SMOKEY POSOLE STEW

1 cup posole  
4—5 cups water  
½ medium onion  
¾ cup mushrooms, sliced  
2 cloves garlic, minced  
1—1 ½ cups green chiles, roasted, peeled, and chopped  
2—3 teaspoons chipotle powder  
2 teaspoons Mexican oregano  
1 teaspoon salt or to taste

Simmer posole in 4 cups water 2—3 hours on the stove or 6—8 hours in a crockpot. Add more water as needed. Saute onion and mushrooms in a skillet for 5 minutes. Add garlic, chiles, chile powder, and oregano and cook 1—2 minutes longer. Stir onion mixture and salt into posole. Simmer 30 minutes. Adjust seasonings and serve.

## CHAPALOTE PINOLE CORNBREAD

1 ½ cup chapalote Pinole  
1 cup flour  
2—3 Tablespoon sugar  
1 Tablespoon baking powder  
½ teaspoon salt  
1 cup skim milk  
1/3 cup canola oil  
1 egg

Mix dry ingredients together. Add milk, oil, and egg. Stir just until moistened and pour into greased 8x8 inch pan. Bake 20—25 minutes at 400 degrees.

## BEAN AND VEGGIE POSOLE

1 cup dried posole  
1 cup dried beans  
1 small onion  
2 cloves garlic  
1 ½ teaspoon chile powder  
1 ½ teaspoon whole cumin seed  
¾ teaspoon Mexican oregano  
1 cup chopped tomatoes  
3 small calabacitas (small squash) or zucchini, sliced ¼"  
4 ounces fresh or frozen green beans  
1 Tablespoon vegetable bouillon  
2 Tablespoon cilantro  
salt to taste

Rinse and soak posole and beans several hours or overnight. Drain. Cook in 5 cups water for 2—3 hours, or until tender, adding water as necessary. In 4 quart pan, sauté onion, garlic, chile powder, cumin seed, and oregano in 1 Tablespoon oil for 7 minutes until onion is soft. Add squash and tomatoes. Cook 5 minutes stirring occasionally. Stir in beans, posole, cooking liquid, green beans, and bouillon. Simmer 30 minutes, adding water if stew is too thick. Add cilantro and salt to taste. Serve with warm tortillas.