

Dessert

Cacao & Dulce de Leche Mesquite Brownies

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| 1 cup unsalted butter | • preheat oven to 350°; butter 9x13 pan |
| 3½ ounces best available unsweetened chocolate (like Valrhona) | • melt butter with unsweetened chocolate in top of double boiler, stirring occasionally; set aside to cool |
| 3 tablespoons dark European style unsweetened cocoa | • sift cocoa, flour, baking powder and salt |
| 1 cup unbleached all purpose flour | • beat eggs until creamy, then slowly add sugar, beating continually |
| ½ cup mesquite flour | • add vanilla to cooled chocolate/butter mixture and pour into beaten eggs |
| ½ teaspoon baking powder | • next stir in dry ingredients until just combined |
| 1 teaspoon salt | • spread mixture in pan and sprinkle top with chocolate chips |
| 4 eggs | • bake 30-35 minutes or until center no longer jiggles when shaken |
| 2 cups sugar | • remove from oven and pour Dulce de Leche topping over entire surface |
| 1 teaspoon Mexican vanilla extract | • cool and cut into serving sized pieces |
| 1 cup chocolate chips | |
| 1 jar Smucker's Dulce de Leche ice cream topping, room temperature | |

Frozen

Prickly Pear Sorbet

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| ¾ cup sugar | • simmer prickly pear juice and sugar for about 3 minutes |
| 1½ cups prickly pear juice | • cool slightly; add rest of ingredients and mix well |
| 1 cup orange juice | • pour into individual cups, ice cube trays, or shallow 9x5x3 pan |
| ¾ cup pineapple juice | • freeze until firm (serves 6) |
| 1 teaspoon grated lemon rind | |

Dessert

Mesquite "Baklava"

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| 1½ cup butter | • preheat oven to 375° |
| 1 cup milk | • melt butter, add milk, allow to cool |
| 2 eggs, beaten | • in large bowl, sift flours, salt, baking powder |
| ¼ cup mesquite flour | • add beaten eggs to milk mixture |
| 2 cup unbleached all purpose flour | • stir liquids into dry ingredients - batter will be stiff |
| ¼ teaspoon salt | • combine pecans, cinnamon, and 6 tablespoons of sugar and knead into batter |
| 4 teaspoons baking powder | • spread batter in 9x13 pan |
| 1 cup pecans | • bake at 375° for 20 minutes; lower heat to 350° and bake 20 minutes more or until done |
| ½ teaspoon cinnamon | • in sauce pan combine honey, water, 2 cups sugar, and lemon juice; boil for 5 minutes, allow to cool |
| 1 cup honey | • Remove baklava from oven and cut into diamond shapes while hot; pour cooled syrup over hot baklava |
| 1 cup water | • cool before serving |
| 2 cups plus 6 tablespoons sugar | |
| 1 teaspoon lemon juice | |
| with thanks to Carlos Nagel and PRONATURA | |

Cookies

Mesquite Oatmeal Craisin Cookies

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| 1 cup butter, softened | • in large bowl cream butter, brown sugar, and vanilla until light and fluffy (about 1 minute); add eggs and mix until thoroughly blended |
| 1½ cups brown sugar, packed | • add oats, flours, baking powder, spices, and salt, mixing on low speed until blended; stir in Craisins |
| 2 teaspoons vanilla | • drop batter by heaping tablespoonfuls 1½" apart on greased baking sheet |
| 2 large eggs | • bake 10-13 minutes at 350° until golden brown (cook with racks set in upper third of oven) |
| 2 cups quick oats | • allow to cool on baking sheet 2 minutes before transferring to racks to finish cooling |
| 1 cup unbleached flour | • makes about 2 dozen |
| ½ cup mesquite flour | |
| 1 teaspoon baking powder | |
| 1 teaspoon ground cinnamon | |
| ½ teaspoon ground nutmeg | |
| ½ teaspoon salt | |
| 1 cup Craisins | |

Salad

Sonoran Nopalito Salad with Prickly Pear Vinaigrette

Salad:

1 jar nopalitos, drained, rinsed and diced
1-2 cups cooked cholla buds
2 cups diced red and green peppers
2 small cans yellow niblet corn, drained and rinsed
1 large jicama, grated or julienned
2 small bags sunflower kernels, pecan pieces or piñones

- mix all salad ingredients together (if serving later, leave nuts out until ready to add the dressing)
- mix dressing
- pour dressing over salad, toss and serve
- salad can also be served over mixed greens
- serves 4-6

Dressing:

2 tablespoons red wine vinegar
2 tablespoons prickly pear syrup
6 tablespoons olive oil
¼ cup fresh basil leaves, julienned
1 clove garlic, minced
salt and pepper to taste
whisk ingredients together and season to taste

Beans

Frijoles Tepary al Horno

4 cups tepary beans, cleaned, soaked over night and rinsed
2 teaspoons salt
½ teaspoon pepper
2 teaspoons dry mustard
2 teaspoons ancho chile powder
1 cup dark molasses
½ pound fatty bacon cut in small chunks
2 onions sliced

- prep beans
- in 2 quart slow cooker or oven proof bean pot combine onion, beans and bacon
- mix seasonings with molasses and 2 to 4 cups hot beef stock (or water) and add to bean pot
- add additional stock (water) to cover
- cook 6 to 8 hours on appropriate slow cooker setting or in 250° oven
- stir occasionally and add stock or water as needed during cooking time
- cook until beans are tender
- serves 6-8

Condiment

Prickly Pear Chipotle Onion Jam

2 tablespoons minced shallots
2 cloves minced garlic
2 cups thinly sliced red onions
2 tablespoons olive oil
1 chipotle chile in adobo sauce,
pureed
 $\frac{3}{4}$ cup prickly pear syrup
 $\frac{1}{4}$ cup red wine vinegar

- heat olive oil in medium sauce pan over medium heat
- add shallots, onions and garlic and stir until just starting to brown
- cover sauce pan, lower heat and allow to cook slowly for about 30 minutes until translucent; check periodically to make sure they don't stick (if they do, add a tablespoon or 2 of water)
- add chipotle, prickly pear syrup, and vinegar and cook uncovered until mixture has thickened and liquid has evaporated, stirring frequently
- serve warm with grilled meats, can be stored in the refrigerator

with thanks to Carolyn Niethammer

Veggies

Calabacitas with Cholla Buds

$\frac{1}{4}$ cup butter
 $\frac{1}{2}$ cup chopped onion
1 clove minced garlic
6 cups cubed summer squash like zucchini, chayote, or yellow
 $\frac{1}{2}$ cup cooked cholla buds
1 red bell pepper cored, seeded, and diced
 $\frac{1}{2}$ cup Anaheim chiles roasted, cored, seeded and diced
1 cup corn kernels
1 teaspoon Southwest Seasoning mix
1 cup crumbled Queso Fresco or Cotija

Southwest Seasoning Mix:

1 tablespoon premium chile powder
1 tablespoon paprika
1 teaspoon cumin seed
1 teaspoon ground coriander
1 teaspoon sugar
1 teaspoon salt
 $\frac{1}{2}$ teaspoon freshly ground pepper
 $\frac{1}{2}$ teaspoon cayenne pepper

place all ingredients in blender or spice grinder and blend, stores for up to 1 month in cool, dry place

in large skillet, melt butter, add onion and garlic and sauté 2 minutes
add squash, bell pepper and cook additional 2 minutes; stir in chiles, corn, cholla buds and seasonings

cover, lower heat and simmer until squash is tender, about 5 minutes
uncover, sprinkle with cheese and serve immediately

Soup/Stew

Chili Posole

2 lbs. cooked white tepary beans
4 medium-large onions finely
chopped
3 garlic cloves minced
2 - 7oz cans diced green chiles,
drained
diced jalapeño to taste
2 - 28oz cans Las Palmas Red En-
childa Sauce - medium
4 - 15 oz. cans white hominy rinsed
4 - 14 oz. cans vegetable or beef
stock

Cavender's Greek seasoning
cumin seed crushed
premium dried chile powder
dried oregano
cinnamon
honey
cocoa powder
olive oil for cooking
optional: 3 lbs. ground buffalo, tur-
key or beef
grated Asadero cheese

Soup/Stew

Chili Posole (continued)

- in bottom of large stock pot sauté onions and garlic in olive oil until translucent; add diced chilies and jalapeños and continue to cook until nicely browned
- if you are adding meat, remove vegetables and using same pot, brown meat until done; while cooking, add Greek seasoning, cumin, dried chile powder, cinnamon and oregano to taste
- when meat is close to being cooked, add back the cooked onions, garlic and chiles
- once meat is cooked, add enchilada sauce and stock, then hominy and beans
- If not using meat, leave sautéed veggies in pot and add all other ingredients
- set burner to low heat and leave pot to simmer, stirring often, for about 2-3 hours, or until hominy has swelled and is tender
- periodically taste for seasonings and add dollop of honey and dashes of cocoa powder—this is not an exact science; it is about blending flavors and you just have to experiment
- serve with grated cheese garnish
- serves 10-12

Resources

Cheri's Desert Harvest
1840 E. Winsett St., Tucson 85719
520-623-4141
Cheridesertharvest.com
prickly pear syrup, candies, jams, jellies

Dickman's Meat and Deli
6472 N. Oracle Rd., Tucson 85704
520-229-9777
buffalo, venison, elk, rabbit

Native Seeds SEARCH
3061 N. Campbell Rd., Tucson 85719
520-622-5561
Nativeseeds.org
store and mail order
seeds, dried chiles, soup mixes, dried grains, chile blends, spices, cholla buds, baking mixes, mesquite flour, etc.

Ramona Farms
PO Box 2195 | State Hwy 87
Sacaton, AZ 85147
520-418-0900
Ramonafarms.com
mail order or at select stores
tepany beans, wheat berries and whole wheat heritage flour, pinole, shelled corn, polenta and grits

San Xavier Co-op Farm
8100 S. Oidak Wog, Tucson 85746
SXCA@SanXavierCoop.org
529-295-3774
tepany and other beans, cholla buds, mesquite flour

Tohono Chul
usually has products from Cheri's, Native Seeds SEARCH, Ramona Farms

Resources

Books and Cookbooks

Dahl, Kevin with Amy Haskell. *Native Harvest: Authentic Southwest Gardening*. Tucson: Western National Parks Association, 2006.

Divina, Fernando and Marlene. *Foods of the Americas: Native Recipes and Traditions*. Berkeley: Ten Speed Press, 2010.

Foster, Nelson and Linda S. Cordell. *Chilies to Chocolate: Food the Americas Gave the World*. Tucson: University of Arizona Press, 1992.

Frank, Lois Ellen. *Foods of the Southwest Indian Nations: Traditional and Contemporary Native American Recipes*. Berkeley: Ten Speed Press, 2002

Hodgson, Wendy C. *Food Plants of the Sonoran Desert*. Tucson: University of Arizona Press, 2001.

Nabhan, Gary Paul. *Enduring Seeds: Native American Agriculture and Wild Plant Conservation*. San Francisco: Northpoint Press, 1989. *Gathering the Desert*. Tucson: University of Arizona Press, 1985.

Niethammer, Carolyn J. *American Indian Cooking: Recipes from the Southwest*. NY: University of Nebraska Press, 1999. *The Prickly Pear Cookbook*. Tucson: Rio Nuevo Press, 2004.

Resources

Mesquite Flour

One of the most important and useful plants in the Sonoran Desert, mesquite pods were a predictable food source for early peoples – the fleshy outer casing a source of carbohydrates and the hard inner seed, a source of protein. Ground using bedrock mortars and heavy granite pestles, the resulting flour/meal was used to make gruel, preserve in dry cakes and enjoy as a beverage.

In addition to protein, mesquite flour is also rich in calcium, magnesium, potassium, iron and zinc with a sweet flavor similar to molasses or graham crackers. Lacking gluten, it is generally mixed with other flours, replacing about 1/4 to 1/2 cup depending on the recipe.

If you have native Velvet mesquite (*Prosopis velutina*) growing on your property, you can experiment with harvesting your own pods. It takes a heavy duty hammer mill to sufficiently grind pod and seed, and a Tucson organization called Desert Harvesters sets up around town to do just that for you – desertharvesters.org.

Ready for use commercial varieties of mesquite flour are also available from Native Seeds SEARCH, the San Xavier Co-op Farm, Tohono Chul and at stores like Whole Foods and Sprouts.

Resources

Cholla Buds

After a long winter of dried and preserved foods, cholla buds were looked forward to as the first fresh greens of spring. Tasting like artichoke or asparagus, they are definitely a challenge to prepare, but well worth it – these edible “flowers” are high in calcium, two tablespoons having as much as an 8 oz. glass of milk.

The flower buds of buckhorn or staghorn cholla are picked just before opening, generally sometime mid-March to early April. Using tongs, gently twist to remove the bud and place in a basket or bucket. Always leave a great proportion on the plant for the bees and other pollinators. Next, toss the spiny buds on a boxed screen (1/4” holes) set on blocks above the ground. Using a whisk broom, roll the buds around, breaking off the spines which will fall through the screen to the ground. Now they are ready to cook.

Blanch the buds in lightly salted water, once cooled you can tackle any remaining spines with a pair of tweezers (they will be soft and harmless). Buds should be cooked until tender if you plan to use them immediately. Otherwise, stop at al dente if they will be cooked some more in a soup or stew.

Leftover cooked buds can be pickled, frozen or set in the sun to dry. Once dried they will keep for a year or more. Purchase dried buds at Native Seeds SEARCH.