

# PRE-CONTACT PUMPKIN PUDDING

*with candied pepitas*

6 servings

prep time: 15 minutes

total time: 35 minutes



## INGREDIENTS

### Pumpkin Pudding

2 pounds diced pumpkin or other hard squash

3 cups walnut milk

1 cup water

2 tablespoons fresh sage, chopped, plus extra for garnishing

1 cup agave syrup

Pinch of salt

### Candied Pepitas

Makes 1/2 pound

1/2 pound pepitas

1/2 cup sugar, divided

1 cup water

## DIRECTIONS

### Pumpkin Pudding

1. Place all ingredients in large saucepan, bring to boil, then reduce to a simmer for 20–25 minutes, stirring frequently.
2. When finished, pumpkin should be easy to flatten with the back of a spoon. Allow to set and cool slightly.
3. Sprinkle with candied pepitas (recipe below) and garnish with fresh or fried sage leaves. Enjoy warm.

### Candied Pepitas

1. Place half the sugar and all of the water in a saucepan and stir while bringing to a boil.
2. Add pepitas, stir, and simmer 10 minutes.
3. Drain the pepitas. Arrange on a lightly greased sheet pan.
4. While they're warm, cover in the remaining sugar, tossing until all are coated well. Let cool at room temp in an even layer.

*notes*

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# CHILE SPICED PUMPKIN PIE



yield: one 9" pie

prep time: 15 minutes

total time: 1 hour

## DIRECTIONS

1. Line a 9-inch pie pan with the pastry and flute edges, then line pastry with foil. Partially fill with pie weights or dried beans.
2. Bake pie pastry in a 375° oven until edges are dry and barely golden, about 15 minutes. Remove from oven and carefully remove pie weights and foil. Reduce oven temperature to 350°.
3. Meanwhile, in a large bowl, whisk pumpkin, cream, eggs, brown sugar, granulated sugar, ground chiles, cinnamon, nutmeg, and salt until smooth.
4. Pour pumpkin mixture into hot pie crust and return pie to oven.
5. Bake until center barely jiggles when shaken, about 45 minutes.
6. Let cool to room temperature.

## INGREDIENTS

- 2 Pastry for a single-crust 9-inch pie
- 1 can (15 oz.) pumpkin
- 1 2/3 cups whipping cream
- 3 large eggs, beaten to blend
- 1/2 cup firmly packed brown sugar
- 1/2 cup granulated sugar
- 1 tablespoon ground dried chile
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon salt

*notes*

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# BISCOCHITOS

yield: 6 dozen cookies

prep time: 15 minutes

total time: 3.5 hours



## DIRECTIONS

1. Sift flour with baking powder and salt.
2. In separate bowl, cream lard with sugar and anise seeds until fluffy.
3. Beat in eggs one at a time.
4. Mix in flour and brandy until well blended.
5. Refrigerate 2-3 hours.
6. Turn dough out on floured board and pat or roll to 1/4- or 1/2-inch thickness.
7. Cut into shapes (the fleur-de-lis is traditional).
8. Dust with mixture of sugar and cinnamon.
9. Bake 10-12 minutes at 350° or until browned.

## INGREDIENTS

- 6 C. flour
- 1/4 Tsp. salt
- 3 Tsp. baking powder
- 1 1/2 C. sugar
- 2 Tsp. anise seeds
- 2 eggs
- 2 C. lard
- 1/4 C. brandy
- 1/4 C. sugar
- 1 Tbsp. cinnamon

*notes*

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# PUEBLO FEAST DAY COOKIES

yield: 2 dozen cookies

prep time: 20 minutes

total time: 35 minutes



## DIRECTIONS

1. Preheat oven to 350° F.
2. In a mixing bowl, cream 3/4 cup sugar and lard.
3. Add egg and blend thoroughly.
4. Stir in the flour, baking powder, vanilla, and cinnamon, blending thoroughly.
5. Slowly add milk until a stiff dough is formed.
6. Roll the dough out on a lightly floured board to 1/2 -inch thickness.
7. Cut using a jar, slice in half and score with a fork to create a sun pattern.
8. Sprinkle the tops with remaining cinnamon.
9. Bake the cookies on a well-greased baking sheet for 15 minutes or until golden brown.
10. Cool on a rack.

## INGREDIENTS

- 2/3 cup of lard
- 3/4 cup of sugar and 2 tsp for sprinkling
- 1 egg
- 1 tbsp of cinnamon and 1 tsp for sprinkling
- 2 cups of flour\*
- 2 tbsp of baking powder
- 1 tbsp of vanilla
- 1/3 cup of milk

*notes*

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# PRE-CONTACT TAMALES



yield: 2 dozen tamales

## DIRECTIONS

1. Soak corn husks in warm water until they are soft and pliable.
  2. Mix masa & salt.
  3. Add warm water as needed until the masa has a pancake batter like consistency.
  4. Place 4 to 5 TBS masa on each corn husk. Softly fold husk ends over and tie each tamale with a string of husk. Repeat until all masa is used.
  5. Place tamales in a steamer pot on the stove. Steam for one hour.
- Add flavor by mixing masa with meat or vegetable broth instead of water.
  - Add nuts, berries, squash, or meat to the top of the masa spread on the corn husks.

## INGREDIENTS

3 cups masa

½ tsp salt

Warm water (as needed)

2 dozen corn husks

*notes*

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# TRADITIONAL NEW MEXICAN TAMALES



## DIRECTIONS

### Day 1:

- In a pressure cooker, cook pork roast along with quart of water, garlic and 1 ½ tsp salt and 1 teaspoon oregano, for 2 ½ hours.
- While meat is cooking, prepare your Chile Caribe.

### Chile Caribe.

- Preheat oven at 300.
- Spread 25 – 30 New Mexico red chile pods onto a large baking sheet.
- Heat pods in the oven for 2-3 minutes, stay next to the oven because you don't want to burn them! You just need to warm them slightly and bring the flavor of the chile to life.
- Directly from the oven add pods to a blender, fill the blender with water half full (you may need more, but start with half), along with 1 large garlic clove, and 1 ½ teaspoon kosher salt.
- Blend until very smooth.
- Remove meat from pressure cooker, allow both meat and broth to cool slightly. 9. Once cooled, chill the broth and remove the fat.

## INGREDIENTS

- 33 ½ lbs pork shoulder or pork butt
- 1 quart water
- 2 cloves garlic separated
- 1 tsp. oregano dried
- 3 tsp. salt separated
- 4 cups red chile caribe
- 6 cups masa harina corn flour
- ¾ cup lard, shortening, palm oil, or coconut oil
- 8-10 cups pork broth reserved from cooking pork roast
- 1 ½ tsp. baking powder
- 36 cornhusks dried, medium sized
- 1 tsp. vinegar
- Hot water for soaking cornhusks
- 25 - 30 New Mexico red chiles

# TRADITIONAL NEW MEXICAN TAMALES



## DIRECTIONS

- Save the broth, as you will use it to prepare the masa tomorrow.
- Shred the meat using 2 forks, discarding any fat.
- Add Chile Caribe to shredded meat to completely combine, and store in the refrigerator overnight
- Reserve 1 cup of chile to add to the meat tomorrow before assembling the tamales.
- Strain the broth and store 6 cups in the refrigerator.

### Day 2:

- Pull chile meat out of the refrigerator and add additional cup of chile Caribe. Set aside while preparing the masa.
- In a large bowl, stir together masa harina, baking powder and 1 ½ teaspoons salt with a whisk, until combined.
- Gradually add shortening to the flour and begin to incorporate with the whisk. You will eventually use your hands to incorporate into the flour. The flour should be crumbly.
- Heat broth slightly. Gradually add broth to the masa until completely combined. It will be a thick, but smooth, paste when you are done.
- While preparing the masa, soak cornhusks in hot water with vinegar. You can use the husks directly from the water.

### *notes*

- You do not have to wait a day to finish making the tamales, but it makes the process a lot simpler.
- To freeze, leave tamales in the husks and place them in freezer bags, after cooked. To reheat, thaw and wrap in a wet paper towel and reheat in the microwave for one or two minutes or re-steam them just until hot.

# TRADITIONAL NEW MEXICAN TAMALES



## DIRECTIONS

### Assemble tamales

- Spread 2 tablespoons of the masa mixture on the center of the corn husk.
- Rotate the husk in your hand so that it completely covers the husk, with the exception of a couple of inches at the top.
- Place about 3 tablespoons chile meat at the right, or left of the husk, and fold in sides of husk then fold up the narrow bottom. Place on a plate or pan to gather before steaming.
- Place tamales in a steamer. Cover and steam 45 minutes to an hour, adding water if necessary.

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