



Chile

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.

A few general guidelines:

- Whole dried peppers can be crushed into flakes, ground into powder, or reconstituted by covering with boiling water and left for one hour.
- Store powders in the refrigerator or freezer.
- Rista chiles are best eaten within 3 months and should be rinsed before using.
- Roasted chile peppers can be made at home. Place peppers under the broiler or over an open flame, turning frequently to blacken on all sides. Put chiles in a paper bag to steam before handling. They may be frozen or peeled and used fresh.

Enchilada Sauce

3 T oil
4 T flour
½ C chile powder
2 C water
8 oz can tomato sauce
¼ tsp salt

Heat oil. Blend in flour and cook until flour is lightly browned. Remove from heat and blend in chile powder. Stir until smooth, then add water, tomato sauce, and salt. Return to heat and simmer to desired consistency (about 20 minutes).

Salsa Casera

Chiltepins are the wild relative of common chile pepper varieties. The pea-sized fruits are very hot and usually dried, crushed, and used as a condiment. A batch of this recipe should last a long time as most people will serve it with an eyedropper!

1 C chiltepins
4-5 cloves garlic
¼ tsp salt
½ tsp Mexican oregano
½ tsp coriander seed
½ C cider vinegar
½ C water

Combine all ingredients in a blender and puree on high for 3-4 minutes. Refrigerate one day to blend flavors. Keeps indefinitely in the refrigerator. Use in soups, stews, eggs, beans, tacos, or tostadas.

Extraordinary Pickles

Crumble a few chiltepins into a jar of ordinary dill pickles to add some heat and excitement. Shake well and let steep in the refrigerator for 2 days.

Pasilla Chile Sauce

Pasilla chiles are mild, blackish-brown dried chiles with a rich, earthy flavor. Fresh, they are called chile negro or chilaca.

3 pasillas
1 C boiling water
1 medium onion, finely chopped
2 cloves garlic, minced
3 large tomatoes, chopped
½ tsp oregano
1 T olive oil, optional
Fresh lemon juice, optional

Remove stems from pasillas, rinse, and place in a medium bowl. Pour boiling water over the chiles and soak for 1 hour. Put pasillas and the chile water in a blender. Add remaining ingredients, except oil, and puree. Heat olive oil in a heavy skillet and cook puree over a moderate heat, stirring frequently for 10 minutes, or until desired consistency is reached. Blend in lemon juice. Season with salt and pepper if desired. Serve with eggs, tostadas, chalupas, tamales.

Claudia's Black Beans *with Chipotle*

Chiptoles (smoke-dried jalapeños) can enhance many dishes—beans, soups, or stews. Drop a pod or two into the pot during cooking and remove when done, like a bay leaf. Those who especially like heat might prefer crumbling the pod as called for in this recipe.

2C black beans, cleaned, and soaked overnight
1 T oil
1 medium onion, chopped
2 cloves garlic, minced
2 tsp cumin
2 tsp chile powder
1 tsp lemon basil
1 tsp salt
1 chipotle pod, crumbled
6 oz can tomato paste
4-6 C water

Sauté onion and garlic in oil until translucent. Add drained beans and remaining ingredients. Bring to a boil and simmer until beans are tender, about 2 hours.

Chile Relleno Casserole

6 oz fresh roasted chiles, seeded and sliced
½ lb cheddar cheese, grated
2 eggs
½ C flour
2 C milk
½ tsp salt

Line a buttered 8x8" baking pan with chiles. Cover with cheese. Blend other ingredients and pour over cheese. Bake at 350 degrees for 1 hour.

Greens and Chiles

Coarsely-ground chiles may be used in chunky sauces or added directly to food (pizza, salads, etc.) In this recipe they are slightly reconstituted.

1 lb fresh greens (quelite, spinach, chard, etc.)
1 small onion, minced
2 T olive oil
½ tsp coarse-ground chiles
¼ tsp salt

Wash greens thoroughly, chop and set aside to drain. In dutch oven, sauté onion in oil until soft. Sprinkle chiles and salt on top of onions; place chopped greens on top of everything. Cover tightly and simmer 5 minutes until greens have steamed down. Stir, cover, and cook 5 minutes more or until tender.

Rio Grande Potatoes

6 medium potatoes, cut in ¾" cubes
2 tsp oil
1 medium green pepper, cut into strips
1 medium onion, chopped
½-1 C chopped green chiles
1 large clove garlic, minced
1 large can tomatoes (or 1-1/2 lb fresh)
½ tsp lemon basil
1 T fresh cilantro
½ tsp salt
Green chile powder or black pepper to taste
1 C grated cheddar or Monterey Jack cheese

Cook potatoes until tender. Heat oil in large skillet, cook green pepper, onion, and garlic. Add chiles, tomatoes, and spices. Cook until liquid is reduced by half. Stir in drained potatoes. Sprinkle cheese on top, cover briefly until melted. Serves 4-6.

Fruity Jalapeño Sauce

Green chile powders are rare and pungent. They can be used as you would black pepper or in place of red chile powder for a fiery taste. Jalapeño chile powder is hottest.

2 T jalapeño chile powder
2 T vinegar
1 T water
1 T honey
1 T soy sauce
2 T apple juice concentrate
1 T sake (rice wine)

Combine all ingredients in a small pot and bring to a boil. Turn down heat and simmer for 1 minute to expel alcohol. Good over sautéed vegetables.

Turkey Burger

1 lb ground turkey
½ tsp salt
juice from ½ lemon
1 egg, optional
3 T fresh cilantro, chopped
3 T green onion, chopped
1 tsp jalapeño chile powder
2 tsp red chile powder
2 tsp canola oil

Combine all ingredients except oil in a bowl and mash together. Divide into four portions and form into patties on a plate (mixture may be so moist that shape doesn't hold well). Slide off, one-by-one, onto a heated and oiled skillet (preferably cast iron). Fry over a medium heat, about 5 minutes on each side, or until lightly browned.

Chile Cheese

1 C lightly roasted pecans
½ lb sharp cheddar cheese
½ lb Monterey Jack cheese
8 oz cream cheese, softened
2 cloves garlic, minced
1 T tomato or chile paste
2 T red chile powder
2 T green chile powder

In food processor, chop pecans finely. Remove and set aside. Grate cheese and set aside. Process together cream cheese, minced garlic, tomato paste, and red chile powder until just blended. Add grated cheeses and roughly half of chopped pecans, process until well blended.

Remove mixture, shape into a ball (or other form) and refrigerate until firm. Combine green chile powder with remaining pecans. Roll the ball in chile-pecan mixture until coated. Serve at cool room temperature with crackers.

Red Hot Strawberries

2 pints fresh strawberries
2 dried red chiles, crumbled
1 lime or other citrus juice
1-2 T white or brown sugar
2 T triple sec or orange flavored liquor
½ C dark rum

Slice strawberries into a medium bowl, adding the citrus juice and the crumbled dried red chile. Add the remaining ingredients and stir until well blended. Adjust the taste by adding orange juice or water, if too spicy. Refrigerate for up to one hour; depending on the heat intensity that you desire (the longer it sits, the hotter it gets!). Serve over vanilla ice cream, frozen yogurt, or topped with whipped cream.