



# Pinole

## recipes

Native Seeds/SEARCH  
526 N. Fourth Avenue  
Tucson AZ 85705  
www.nativeseeds.org  
(520) 622-5561  
(866) 622-5561 toll-free

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.

## Pinole Corn Bread

*Batter:*

1 ½ cup creamed corn  
¾ cup pinole  
½ cup flour  
¾ cup buttermilk  
½ cup melted butter  
½ — 1 medium onion, chopped  
2 eggs  
½ teaspoon baking soda

1 ½ — 2 cups cheddar cheese  
4 — 5 fresh green chiles, finely chopped, or one 4 oz. can of diced green chiles

Mix corn through baking soda well. Turn ½ batter into greased 8" or 9" pan. Sprinkle with ½ cheese, the chiles, then rest of cheese. Top with remaining batter. Bake 1 hour at 350 degrees. Let cool 15 minutes. Cut into squares.

## Pinole Yeast Bread

3 cups whole wheat flour  
3—4 cups unbleached white flour  
1 ¼ cup pinole  
2 teaspoon salt  
2 packages dry yeast  
1/3 cup oil  
2 ¼ cup very warm water  
2/3 cup molasses

In large bowl mix 2 ½ cup white flour, pinole, salt, and undissolved dry yeast. Add oil. Gradually add water and molasses and beat two minutes. Add ½ cup whole wheat flour beating 2 minutes more. Stir in rest of whole wheat flour and enough whole flour to make a stiff dough. Turn out onto lightly floured board; knead until smooth and elastic about 8—10 minutes. Cover; let rest 20 minutes. Divide in half, shape into 2 loaves and place in greased 9x5 inch loaf pans. Cover, let rise in warm place, until doubled in bulk, about 45 minutes. Bake 35 minutes at 375 degrees or until done. Remove from pans and cool on wire racks.

## Pinole Pudding

1/3 cup sugar  
¼ cup cornstarch  
3 Tablespoons pinole  
2 ¾ cups milk  
2 Tablespoons butter  
1 teaspoon vanilla

Mix sugar, cornstarch, and pinole in 2-quart saucepan. Gradually add milk. Cook medium heat, stirring constantly, until boils. Boil one minute. Remove from heat and stir in butter and vanilla. Chill.

## Pinole Bars

1 cup butter  
1 cup sugar  
2 large eggs  
½ cup pinole  
1 cup flour

Cream butter and sugar. Beat in eggs, then pinole. Stir in flour just until mixed. Spread in greased 9x13" pan. Bake 15—20 minutes at 375 degrees.

## Squash Flan

½ cup sugar (*turbinado works best*)  
6 eggs  
2 cups milk  
½ cup pureed squash  
½ cup sugar  
1 teaspoon vanilla  
1 teaspoon cinnamon  
½ teaspoon nutmeg

Melt ½ cup sugar in small frying pan over medium heat. Stir constantly with wooden spoon until sugar melts. Once melted, sugar caramelizes quickly. Pour immediately into 1 quart heat-proof mold or pie pan. Tilt to allow sugar to coat bottom and slightly up the sides. Set dish aside.

Mix together other ingredients; beat with rotary beater or in a blender until smooth. Pour into caramelized sugarcoated pan. Place pan in a larger shallow pan partially filled with hot water and set in a 350-degree oven. Cook for 1 hour. Cool and store in refrigerator.

To serve, loosen sides of flan by running knife around the edge. Invert plate over top of custard and shake gently. Hold plate in place over top of custard and invert. Custard will slip easily onto plate. Caramel coating will then be top. Serves six.

## Honey-Wheat Squash

1 cup cooked and pureed squash  
1 cup milk  
¼ cup butter, melted  
¼ cup honey  
1 egg, beaten  
1 cup whole-wheat flour  
1 cup unbleached flour  
¼ cup sugar  
1 Tablespoon baking powder  
1 teaspoon cinnamon  
½ teaspoon nutmeg  
¼ teaspoon mace  
½ cup sunflower seeds or raisins

Combine squash, milk, butter, honey, and egg. Mix well. Combine flours, sugar, baking powder, and nuts. Add to squash mixture, mixing just until moist. Spoon into greased muffin pans. Bake in 400-degree oven for 15 minutes.

## Squash Pecan

1 ¼ cups oats  
1 cup flour  
1/3 cup chopped pecans  
1 teaspoon baking powder  
1 teaspoon cinnamon  
½ teaspoon baking soda  
½ teaspoon nutmeg  
1 cup cooked and pureed squash  
¾ cup brown sugar  
½ cup oil  
¼ cup milk  
1 egg  
1 teaspoon vanilla

### *Streusel Topping*

¼ cup oats  
¼ cup flour  
¼ cup brown sugar  
3 Tablespoons chopped pecans  
1 teaspoon cinnamon  
¼ cup butter, softened

Combine dry ingredients; add squash, brown sugar, oil, milk, egg, and vanilla, stirring just until moistened. Fill prepared muffin cups ¾ full.

Combine remaining ingredients; mix until crumbly. Sprinkle evenly over muffins. Bake 15 to 20 minutes in 400-degree oven. Makes 18 muffins.

## Cranberry Squash

2 slightly beaten eggs  
1 cup sugar  
½ cup oil  
1 cup cooked and pureed squash  
2 ¼ cups flour  
2 teaspoons cinnamon  
1 teaspoon nutmeg  
½ teaspoon allspice  
¼ teaspoon ginger  
1 teaspoon baking soda  
1 cup chopped cranberries

Combine eggs, sugar, oil, pumpkin, and cranberries; mix well. Combine flour, spices, soda in large bowl; make well in center. Pour pumpkin mixture into well; stir just until dry ingredients are moistened. Spoon batter into 2 greased and floured 8x3 ¾x2 ½ inch loaf pans. Bake 1 hour in 350-degree oven.