



Artist Recipe Exchange

NUMBER ONE



We hope these recipes bring joy and sweet,
new memories around your table.

—Three Sisters Kitchen





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Introduction

Three Sisters Kitchen is a non-profit community food space in the heart of downtown Albuquerque, New Mexico that uses the power and love of local food to create economic opportunity, improve community health, and bring our diverse communities together around the table. Our programs celebrate the food stories and traditions that connect us to place and to each other, and create opportunities for community members to engage with, build, and benefit from a healthy and vibrant local food system. To learn more visit: ThreeSistersKitchen.org.

In March of 2020, like much of the rest of the world, we temporarily closed our doors to keep our communities safe. When we received a grant intended to support arts and cultural workers during such a challenging time, we knew the best way to use those funds was to share them with many of the artists who have been such an important part of Three Sisters Kitchen. The artists included in this collection create the murals on our walls and the posters in our windows, teach food storytelling and media-making workshops, bring students to our space to explore the role of food in creative expression, and so much more.

The idea behind this project was to share recipes that might bring some sweetness and joy during such an uncertain and isolating time. We reached out to artists we loved and asked them to share two recipes that brought comfort and joy, to nominate a fellow artist to do the same, and to create an art piece inspired by another artist's recipe. What emerged is what you see on these pages. We hope it brings you joy and sweet, new memories around your table.

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Your Primos Pico de Gallo

AL NA'IR LARA

I am an artist, educator, and human being. My ancestral roots have been here in this southwest for many generations. I believe that good food is good medicine.

This is my take on pico de gallo - inspired by the kitchen traditions of Nuevo Mexicanxs and Mexicanxs - but pico de gallo belongs to the people! Salsa will always bring the best out in people. This is a good thing to bring to any matanza, funeral, baptismo, tira chancla or pachanga. There can never be such a thing as “too much salsa” at a party. In my opinion, this is a foolproof plan to win over all the grandmas and grandpas at any baile.

INGREDIENTS

1 tablespoon of salt (to your taste, of course)
1 tablespoon of black pepper (to your taste, of course)
4-7 hot AF chiles jalapeños
4-7 hot AF chiles serranos
1 onion
4 radishes
4-6 tomatoes
3-5 garlic teeth
a handful of fresh cilantro
1 lime
chips, for serving

EQUIPMENT

a few small bowls
one medium bowl for salsa
sharp knife
cutting board
a radio, for some musica

INSTRUCTIONS

1. Wash all your vegetables, and gather your knife and cutting board.
2. Peel the onion and garlic, and chop up all the fresh ingredients, except the lime. (You are aiming for the size between a 10-cent dime to about a corn kernel. Just try to keep the sizing consistent).
3. Place your chopped ingredients in a serving bowl, mix evenly. You may squeeze some lime juice at this point, if you're feeling all zesty and shit.
4. Add salt and pepper little by little to taste, and continue mixing slowly. Take your time and taste your pico with a tostada chip for quality control as you are adding final ingredients.
5. Serve with some tostada chips, enjoy!





#HOTAF
By Karl Bautista

Low and Slow Sweet Red Chile Pork N' Beets

AL NA'IR LARA

I am an artist, educator, and human being. My ancestral roots have been here in this southwest for many generations. I believe that good food is good medicine.

This recipe is comforting because it reminds me of times of celebration. I would recommend this recipe for the everyday kickback with your familia, or meal-prepping burritos for a busy-ass week. I especially like to rock this dish for my infamous dance parties.

INGREDIENTS

5-7 pound pork roast
(Vegetarian option: chopped carrots and potatoes are a great substitute for the pork roast - just remember to keep the "pork" to beet ratio about the same)
4-6 beets, chopped to "finger size"
oil, for browning
1½ cups of brown sugar
16 ounces prepared red chile (add more if you like it hot)
2 quarts of vegetable broth
1 onion, chopped fine
2 garlic teeth, chopped fine
palm full of salt
palm full of black pepper
palm full of Menudo Mix (or your own mix of red chile flakes and dried oregano flakes)

EQUIPMENT

crockpot / slow cooker
cast iron deep dish (or a regular-ass pan works too, just make sure to get it nice and hot)
tongs, or 2 large forks
sharp knife
cutting board
3 large bowls, to hold ingredients

INSTRUCTIONS

1. On the stove, heat up your cast iron, slowly, carefully adding oil to get it hot - about 75% heat to start, slowly reducing heat as necessary.
2. Add chopped beets to the pan and add more oil as necessary. You are looking to see beautiful browning and caramel color develop. Stir and turn carefully and evenly for about 3-5 minutes.
3. Add onions to the mix and cook for another 2 minutes or so.
4. Once everything is browned, place beets and onions in the slow cooker.
5. Using the same pan, add a little more oil and brown the pork roast (or the carrots and potatoes, if using). Brown all sides of the roast for approximately 5-7 minutes. Once you are satisfied with the color and smell, place the roast and remaining oils and juices from the pan into the slow cooker.
6. Add one quart of vegetable broth and the rest of the ingredients into the crockpot. Set your timer for a midway check-up. For the most quality flavor and amount of love in this dish, I recommend the "LOW" temperature setting, so you can slow cook for a longer period of time. I have found 8-12 hours to be suave, as long as it has enough liquid at all times. Begin adding your second quart of vegetable broth about half-way through the entire process to ensure proper moisture: just do the math. You are aiming for a thick sauce, but not a soup. You may also cook this on high temperature for 3-4 hours in your slow cooker if you are in a hurry, but I would not recommend it. My World Famous Amiga, Chef Marie Yniguez, showed me the magic of slow roasting your foods, which I am very thankful for. Take your time, and be patient my friends.
7. I use tongs or two forks to gently pull the meat, and mix it with the sauce, before serving. The meat should fall apart because of the moisture and slow cooking methods. This tastes great as taco meat, or even nacho-style, adding your favorite ingredients such as tortillas, chips, chopped raw onion, salsa, lime juice, beans, aguacate, tomato, sour cream etc. Enjoy!



Green Chile Chicken Soup

KARL BAUTISTA

I am Karl. Most call me “King Karl”. I am from the Pueblo of Laguna. I am Big Turkey Clan, And Little Road Runner Clan. I love to cook. Cooking is ART! And yes, we do eat with our eyes! Eat To Live! Live to Eat!

This is my mix on traditional chicken soup (NuMex Style). The Best Thing for a cold or flu. Hot green chile clears the nose as well as warms the heart. This soup always has that down-home feel. I make this for my family when they are sick. The broth is good for the throat, and everyone loves Hatch green chile! Enjoy! Stay safe. Be well.

INGREDIENTS

3 boneless, skinless chicken breasts, diced into small chunks (or use your favorite tofu)

½ cup roasted and chopped green chile (Young Guns Brand Hot, if possible - Hatch is best).

3 cloves of garlic, minced

½ cup of dry pasta (any kind of pasta is good)

sea salt and fresh ground pepper, to taste

½ teaspoon of chopped fresh cilantro

¼ cup of extra-virgin olive oil

2 cups of water

EQUIPMENT

medium-sized cooking pot

large wooden cooking spoon

measuring cup

cutting board

large kitchen knife

INSTRUCTIONS

1. Add olive oil to a medium cooking pot on medium-low heat.
2. Add the minced garlic and cook lightly until translucent.
3. Stir salt and pepper into the garlic.
4. Add chicken to the pot.
5. Cook chicken over medium-high heat for 6 to 8 minutes. Cover with a lid and stir occasionally.
6. Stir in half of the green chile, and all of the cilantro. Cover with lid and cook for 6 more minutes. Keep stirring.
7. Add 2 cups of water and bring to a boil.
8. Add the pasta and boil for 5 to 7 minutes (or until the pasta is cooked through), stirring often.
9. Reduce heat to medium and simmer for 35 minutes or until the chicken is soft, stirring occasionally.
10. Reduce heat to low until ready to serve.



Sprout Hash

KARL BAUTISTA

I am Karl. Most call me “King Karl”. I am from the Pueblo of Laguna. I am Big Turkey Clan, And Little Road Runner Clan. I love to cook. Cooking is ART! And yes, we do eat with our eyes! Eat to Live! Live to Eat!

This sprout hash is my twist on hash browns. It is good any time of day or night! It’s a refreshing twist to your meal. Great as a side dish or alternative to traditional potato hash browns. I love this stuff so much - I hope you feel the same way.

INGREDIENTS

1½ cups Brussels sprouts,
washed and chopped
2 cloves garlic, minced
1 green chile (Hatch if possible),
seeded and chopped
sea salt and fresh ground black
pepper, to taste
¼ cup extra-virgin olive oil

INSTRUCTIONS

1. Add olive oil to a pan over medium heat.
2. Add garlic and cook until translucent, stirring often.
3. Add salt and pepper.
4. Stir in green chile and fry for 4 minutes, stirring often.
5. Stir in Brussels sprouts and cover for 7 minutes.
6. Remove from heat and serve hot.

EQUIPMENT

medium to large pan
large wooden spoon
1 cup measuring cup
sharp kitchen knife





GREEN CHILE HASH
By Al Na'ir Lara

Nogada (Noh•gah•dah)

CARLOS I. GABALDON

I am a Queer, Mexican-American content designer and creator. Born in Chihuahua, Mexico and raised in Albuquerque, New Mexico, I believe that stories create us, and sharing them connects us.

Credit for this recipe goes to Yolanda Hernandez de Solis, my grandmother. This dish is one of the most versatile recipes that the women in my family have passed down. My Grandmother, Yolanda (Mama Yola, if you know your manners), had eight children, so cooking in large quantities was always important. Despite my immediate family being much smaller, this dish was always a go-to at get-togethers, parties, or that one summer afternoon when family was visiting and we wanted something just a little bit more special for lunch. For me, the walnuts (nueces criollas more specifically) were a dead giveaway, even as a child, that my mom's side of the family was visiting. They had a habit of gifting us giant sacks of walnuts whenever they would visit from Camargo, Chihuahua. At the end of the day, this recipe is a reflex of sorts, a thing to reach to when you miss family. A flavor I recognize unconsciously, just like the small prayers we were taught to do before every meal. But like those prayers, they don't come until the plate is sitting right in front of me.

INGREDIENTS

12 cups of water
4 boneless, skinless chicken breasts
4 cloves of garlic, peeled
1 small white onion, halved
2 pinches of salt
2 cups of walnuts, shelled
4 guajillo chile peppers
3 tablespoons of butter

EQUIPMENT

2 deep pans
blender

INSTRUCTIONS

1. Fill one of the deep pans with approximately 12 cups of water to start your stew. Add the 4 chicken breasts, 2 cloves of garlic, and half of the onion (save the other half for later). Go ahead and add the 2 pinches of salt to the stew.
2. Cook your stew for 45 minutes over a medium fire.
3. Once the chicken is soft and cooked through, transfer it onto a plate.
4. Shred each of the chicken breasts, using two forks, or your hands, and place the shredded chicken to the side for now.
5. Now we clean the chiles: Remove the stems, leaving a hole at the top of each dried chile. Use this hole to shake the seeds out from the chiles. Rinse the chiles to remove any dust. Once the chiles are clean, place them in the blender.
6. Next, add 2 cloves of garlic, the other half of the onion, and the 2 cups of walnuts. Finally, add half of the stew liquid, or about 6 cups, into the blender.
7. Blend until the consistency is smooth and uniform.
8. Place another deep pan over a medium fire. Add the 3 tablespoons of butter, and the sauce you made in the blender.
9. Stir your sauce for 15-20 minutes, making sure that it comes to a boil to thicken, and then simmer it as you stir.
10. At this point, add the shredded chicken to the pan and stir to make sure it all mixes evenly with the sauce.
11. Nogada is amazing with a side of rice and refried beans!





POLLO EN NOGADA
By Michelle Pérez-Fuentes

Choco-Flan

CARLOS I. GABALDON

I am a Queer, Mexican-American content designer and creator. Born in Chihuahua, Mexico and raised in Albuquerque, New Mexico, I believe that stories create us, and sharing them connects us.

This is a (modified) recipe from a craft cookbook circa 2010. This dessert is, to put it nicely, hella decadent. It's a recipe my mom found, made work for her, and has never actually prepared for just herself or any singular person. It's a dessert to make and share with others. I personally have never been able to eat too much of it at once y no empalagarme, and that is basically the point. There is enough of it to go around, enough to bring everyone back to the table and grab a slice, enough for everyone to experience the sweetness of the moment together. Not to mention, as a recipe to share, there are few things as satisfying as doing that final flip, lifting up the cake pan, and seeing you "did it right!"

INGREDIENTS

7 eggs
1 box of chocolate devil's food cake mix
½ cup of sour cream
⅓ cup of vegetable oil
1 cup of dulce de cajeta
1¼ cups of water
1 bar (8 oz) of cream cheese
1 cup of brown sugar
1 can of evaporated milk

EQUIPMENT

deep pan
bundt-style cake pan
rubber spatula
blender
electric mixer/whisk
non-stick spray

INSTRUCTIONS

1. Preheat the oven to 375 degrees Fahrenheit.
2. Fill a deep pan with water halfway up the sides and place it in the oven.
3. Take your cake pan and coat it with the non-stick spray of your choice. Place this to the side.
4. Grab a large bowl and add 3 eggs, yolks and all. Beat the eggs until they are well mixed. Alternate between slowly adding the box of cake mix and the 1¼ cups of water to the mixture. Adding them in slowly ensures that the batter won't clump.
5. Add the ⅓ cup of vegetable oil and the ½ cup of sour cream.
6. Pour the 1 cup of dulce de cajeta into the cake pan, making an even layer.
7. Now pour the chocolate mixture into your cake pan evenly, to make an additional layer. Leave this to sit while you make the flan.
8. Crack 4 eggs into the blender and add the cup of brown sugar and the cream cheese (broken down into more easily blend-able bits), and the entire can of evaporated milk. Mix until you reach an even consistency.
9. Now this next part is tricky: You are going to take the flan mixture and add it to the cake pan slowly with a spoon to create a layer on top of the chocolate cake. Take spoonfuls of the flan mixture and place them evenly on top of the cake mix, making sure to create an even layer with no gaps.
10. Cover the top of the cake pan with tin foil and place it into the deep pan full of water in the preheated oven. Make sure not to tilt the pan as you do this. Bake the cake for about 1 hour and 15 minutes.



11. At the 1 hour mark, take a skewer and stab the surface of the cake to make sure that the batter is baked all the way through - when you remove the skewer, it should come out clean. Cook for an additional 15 minutes if needed and test doneness with the skewer to make sure.
12. When your skewer comes out clean, take the cake pan out of the pan of water and let it sit in the open air for about 20 minutes. Again, make sure that you don't tilt or shake the pan too much as you take it out of the oven, as the flan can separate.
13. Once it has cooled for 20 minutes, take the cake pan and place it in the fridge (not the freezer!) for at least 5 hours. You can leave it in the fridge overnight if you want to.
14. Take the cake pan out of the fridge and remove the aluminum foil. The best indicator that everything has gone according to plan is if, when you remove the foil for the first time, you don't see any of the flan, meaning that all of the flan has settled underneath the cake batter.
15. With a thin flexible spatula, separate the cake from the pan by inserting it along the edges, lightly lifting just enough to separate the cake from the pan walls.
16. Once the edges of the cake are separated from the pan, take a plate and cover the top of the pan. Then flip the entire thing over. With one solid "flop" you're safe to remove the pan and look at the cake you've made!



Capirotada

MICHELLE PÉREZ-FUENTES

I am a 19-year-old, New Mexican-based, interdisciplinary artist. I developed my artistic skills by working with people in my community and learning about different social justice issues. Studying and making art at Working Classroom for seven years, and studying at The Oxbow School in the fall of 2019 supported this process. I have learned a lot about food and social justice, giving me a newfound appreciation for the generational link between sharing food with each other, and knowing where our food comes from.

This recipe is inspired by my maternal great-grandmother. Capirotada is a traditional dessert that my mother's side of the family makes to celebrate Easter. I remember the first time I ever tried it, on a cold winter day in Mexico with my family. I was a very picky eater - I sort of still am - so naturally I was hesitant to try it the first time it was presented to me. Despite my pickiness, the first bite was what changed it all for me. The sweet combination of the warm syrup and the buttered bread, along with the nuts and the coconut: it was delicious! Every spoonful brought me warmth and comfort on that cold day, and since then it has become one of my favorite desserts.

INGREDIENTS

5 Mexican bolillo bread rolls (or any white bread)
2 cloves (be sure to remove the heads from the cloves)
1 cinnamon stick
3 cups of water
2 piloncillos (Mexican brown sugar), grated or broken into pieces
raisins (to your liking)
walnuts (to your liking)
coconut shreds (to your liking)
shelled, roasted peanuts (to your liking)
Chihuahua cheese, diced or grated (to your liking)
1 stick of butter or margarine
rainbow sprinkles (to your liking)

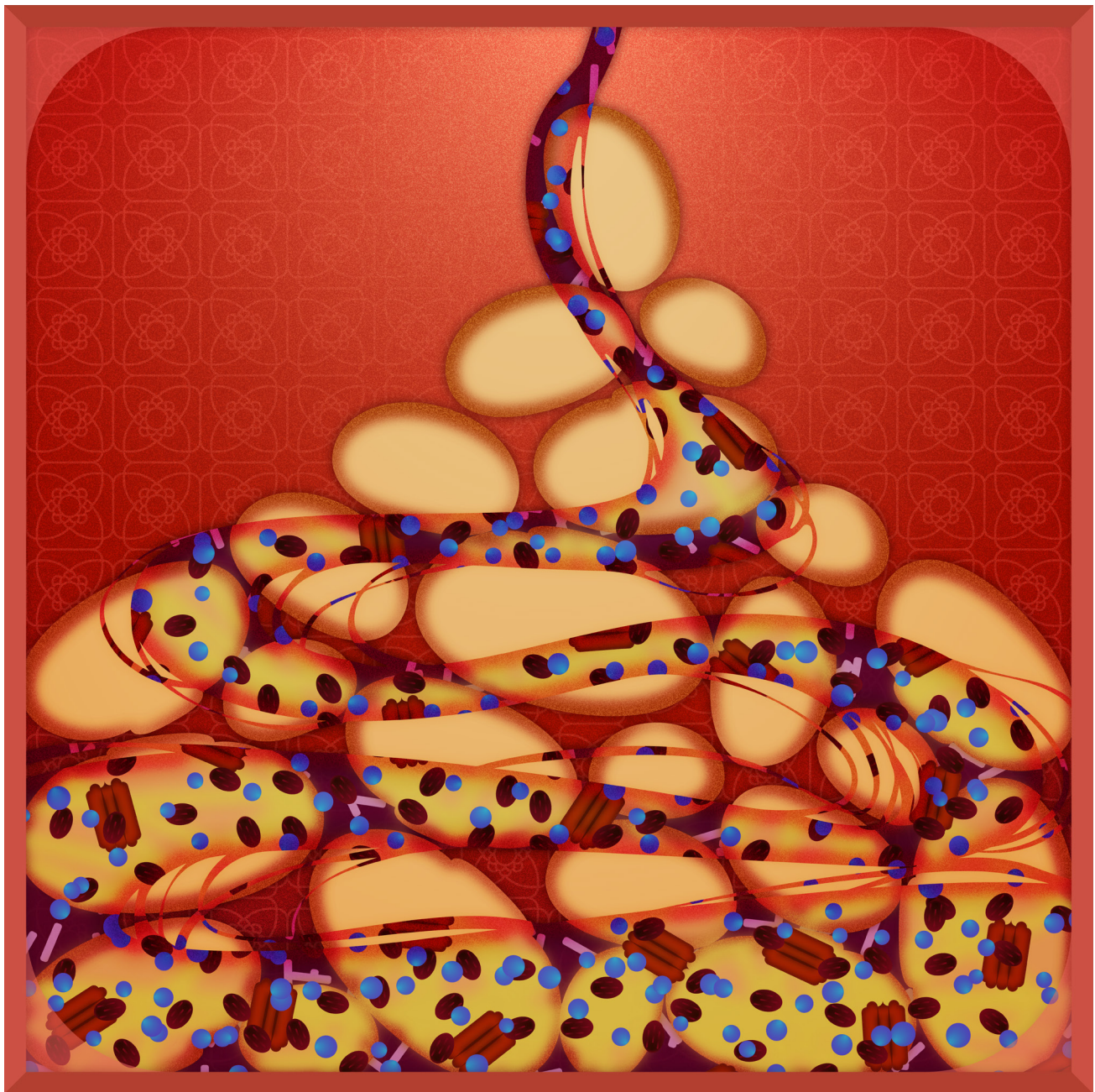
EQUIPMENT

a pot big enough to boil 3 cups of water
knife to cut the bread with
butter knife
toaster, toaster oven, or a pan to toast the bread in
cazuela de barro (traditional Mexican clay cooking pot) or a wide cooking pan

INSTRUCTIONS

1. In a pot on the stovetop, boil the water with the piloncillos, cloves, and cinnamon stick and let it simmer over low heat, until the piloncillo melts and a syrup forms. Remove the pot from the fire and put it to the side.
2. Cut the bread rolls into 1-inch slices. Spread them with butter or margarine on both sides, and toast them until they are lightly golden.
3. Now you're going to start to put everything together in layers. In a traditional Mexican clay cooking pot, also known as a cazuela de barro (or in any wide oven-safe pan), start with the toasted bread at the bottom, then add layers of coconut shreds, raisins, walnuts and peanuts. Next, add the small chunks of what is left from the butter or margarine, along with the diced or grated cheese. Repeat layers until you run out of ingredients. Important: Make sure that the final top layer is made of cheese.
4. Pour the piloncillo syrup over the capirotada.
5. Cook over low heat on the stovetop until the cheese melts.
6. Finally, sprinkle rainbow sprinkles on top.
7. Serve either hot or cold. Enjoy!





CAPIROTADA
By Carlos I. Gabaldon

Almond Cake

MICHELLE PÉREZ-FUENTES

I am a 19-year-old, New Mexican-based, interdisciplinary artist. I developed my artistic skills by working with people in my community and learning about different social justice issues. Studying and making art at Working Classroom for seven years, and studying at The Oxbow School in the fall of 2019, supported this process. I have learned a lot about food and social justice, giving me a newfound appreciation for the generational link between sharing food with each other, and knowing where our food comes from.

This recipe originally comes from my maternal aunt, and then it was adapted by my mom. Almond cake was often made at family reunions on my mom's side of the family, during the holidays or simply when family came to visit. While one of my favorite cakes of all time is the Mexican tres leches cake, I've always loved my family's adaptation of it with coconut shreds and almonds on top. They just give it a special crunch and flavor. The mere memory of being a child when my mom would make this cake brings me joy - remembering the scent, taste, and texture of the cake as I would eat more and more of it!

INGREDIENTS

1 cup of pancake mix (we call it hot cakes flour in my house)
1 cup of oil
½ cup of sugar
5 eggs
1 can of sweetened condensed milk
sliced almonds (to your liking)
coconut shreds (to your liking)
½ stick of butter

EQUIPMENT

blender
rectangular cake pan
fork

INSTRUCTIONS

1. Preheat the oven to 350°F.
2. Mix eggs, sugar, and oil in a blender or a bowl. Gradually incorporate the pancake mix in, and mix well.
3. Grease your cake pan with butter. Pour the cake batter from the blender into the pan. Then sprinkle the sliced almonds and coconut shreds all over the batter. Put it in the oven and bake for 25-30 minutes.
4. When the cake is ready, and the coconut and almonds are golden brown, take it out of the oven.
5. While the cake is still hot, poke holes into it with a fork, and pour the sweetened condensed milk over the cake so it soaks into the cake. Serve and enjoy.



Ch' il ahwééh

NANIBAH “NANI” CHACON

I am an artist and a muralist. I grew up in Albuquerque as well as the Navajo Nation. I currently live in Albuquerque, New Mexico with my Son, and I exhibit and create work nationally and worldwide.

Hozho Naasha (Walk in Beauty)
Shimá Sání

INGREDIENTS

one small handful of dried Navajo
tea, flowers and stems
about 6-8 cups water
sugar, agave, or honey (optional)

EQUIPMENT

one pot or kettle
string (possibly)

INSTRUCTIONS

1. Find a close friend, relative, child or elder and take a walk through an open field, river bosque, mountain or canyonside.
2. Tell jokes, tell secrets, contemplate ideas.... laugh and maybe even cry.
3. Look for a small flowery bush with few leaves that are grass-like with a long stem. The flower will be small with clumps of tiny petals, the stem long and elegant in comparison to the flower. This is Navajo tea or Hopi tea, Cota, Green thread or Thelesperma filifolium (if you must).
4. Gather this plant in handfuls, picking or trimming 2-3 inches above the ground so the plant can regrow next year.
5. Share your harvest.
6. Take home, rinse in cool water.
7. Bundle: stems are very long. You can fold and bundle them into packs about 3-4 inches long and less than 1 inch wide that fit in your fist.
8. Tie bundles with string or more tea.
9. Let dry on your counter before storing.
10. When your friend, relative, child or elder returns, place one bundle in a kettle or pot with 6-10 cups of water. Boil til tea releases and water is a pretty tea color. Usually about 5-7 minutes. Steep for more flavor. For a sweeter flavor, use a bundle with more flowers.
11. Sweeten your tea with sugar, agave, or honey.
12. Sit, sip, laugh, tell more jokes and more secrets.

Partay-tos

NANIBAH “NANI” CHACON

I am an artist and a muralist. I grew up in Albuquerque as well as the Navajo Nation. I currently live in Albuquerque, New Mexico with my Son, and I exhibit and create work nationally and worldwide.

This recipe was inspired by late-night Google wormholes. Food is for sharing, food is for friends. Those are the best ingredients to any recipe.

INGREDIENTS

2-3 pounds fingerling potatoes
water
½ cup butter, or whatever fat you like
3 cloves garlic, chopped
olive oil
salt
pepper
Gruyère cheese
Optional toppings that I like:
chives, bacon bits, more pepper,
sour cream on the side—or if
you're fancy, aioli

EQUIPMENT

pot
baking sheet, or two
potato smasher
strainer

INSTRUCTIONS

1. Accept an invitation to a party with good company.
2. Take a shower.
3. Find a cute outfit.
4. Brush your teeth.
5. Take out a large boiling pot.
6. Fill with 2-3 pounds of fingerling potatoes and enough water to cover potatoes.
7. Throw in a few pinches of sea salt.
8. Boil until soft enough to poke easily with a fork (don't over-boil where the skin is falling off).
9. Remove from heat and strain off the water.
10. Preheat oven to 450 degrees F.
11. Oil the baking sheet with olive oil.
12. Place potatoes on the baking sheet side by side, and smoosh each potato with a potato smasher once real good, but not so good they fall apart (you may need two baking sheets).
13. In a separate dish, melt ½ cup butter with some olive oil and 3 cloves chopped garlic.
14. Baste potatoes with this mixture.
15. Salt and pepper your potatoes.
16. Put potatoes in the oven.
17. Baste again with the butter and oil mixture after 7 minutes.
18. Cook for another 7 minutes, or until looking crispy.
19. Top with Gruyere and melt for 1 minute: total cook time 15-20 minutes.
20. Remove from the oven and top with the topping(s) of your choice (with the sour cream or aioli on the side)
21. Share, eat , laughexpect no leftovers.





PARTAY-TOS
By Heather Trost

Sour Cherry Pie

HEATHER TROST

I'm a musician who was born and raised in New Mexico. I love cooking, gardening, dinner parties and the joy that sharing a home cooked meal can bring to yourself and others.

My grandmother makes the most delicious pies. This is inspired by her. I made this for the first time when our sour cherry tree finally produced enough cherries to make a pie. We planted the tree in honor of my Grandpa when he passed away. He loved my grandmother's pies, and so the first bite of this reminded me of the two of them sitting together eating pie.

INGREDIENTS

2½ cups flour + extra for
flouring surfaces
½ teaspoon salt
20 tablespoons unsalted
butter, cut into cubes
10 tablespoons ice water
2 cups pitted sour cherries
1 cup sugar
9 teaspoons cornstarch
1 tablespoon butter
¼ teaspoon almond
extract

EQUIPMENT

large mixing bowl
measuring spoons
cherry pitter
food processor (but you
can also just use your
hands and a whisk)
parchment paper
plastic wrap
pie pan
cookie sheet

INSTRUCTIONS

1. In a food processor, or using a whisk in a large mixing bowl, mix together flour and salt. If using a food processor, add butter and pulse until butter forms pea-sized chunks. If using your hands, break butter into smaller and smaller pieces, and mix in the flour to form pea-sized chunks.
2. Slowly add ice water one spoonful at a time until the dough starts to come together in a ball. Switch to your hands if using a food processor, and squeeze the dough together into a ball. It should be moist, but not wet.
3. Divide the dough in half. On a lightly floured surface, form the balls into thick disks with smooth edges. Put one disk on a plate, place parchment paper on top and place the second disk on top, cover the whole thing with plastic wrap. Refrigerate for at least an hour, or up to two days if you want to bake the pie later.
4. When the dough has been thoroughly chilled, roll out one of the disks into an 11-inch circle and place it in a pie pan. Return the pie pan to the fridge to keep your dough cold.
5. Preheat the oven to 375 degrees F.
6. Place the cherries and sugar in a saucepan, allow to sit for 10 minutes or until the juices of the cherries are drawn out by the sugar. Bring the cherry mixture to a boil over medium heat, stirring all the while. Lower the heat and cook until juices begin to thicken and become translucent, about 10 minutes. Remove from heat.
7. Stir in 1 tablespoon of butter and almond extract.
8. While the cherries cool, roll out the other disk of dough on a floured surface.
9. Take the pie pan out of the fridge and pour the cherries in when they are lukewarm.
10. Cut the pastry that's on the counter into long strips, about 1-inch thick.
11. Place the dough strips going diagonally across the cherries, and then crosswise in the other direction, forming a lattice. Cut the extra dough away, and pinch the top dough to the bottom dough. Using a fork, press indentions along the rim of the pie pan in the dough.
12. Place your pie on a cookie sheet and bake for 45 - 55 minutes, or until the crust is golden. Allow your pie to cool completely before cutting.





SOUR CHERRY PIE
By Nanibah "Nani" Chacon

Wilted Greens and Mushroom Enchiladas

HEATHER TROST

I'm a musician who was born and raised in New Mexico. I love cooking, gardening, dinner parties and the joy that sharing a home cooked meal can bring to yourself and others.

I adapted this recipe over the years from a recipe for enchiladas in Deborah Madison's *Vegetarian Cooking for Everyone*. This dish takes me back to favorite cafes and restaurants that my family would go to for special occasions. Enchiladas are one of the essential New Mexican comfort foods. The smoky chile and cheese are wonderfully satisfying, and the vegetables add a complex and deep flavor. It's the kind of food that brings family and friends together. For the greens in this recipe, I will harvest dandelions or quelites (lambs quarters) from the yard in the spring. You can also use chard, kale, arugula, spigarello, or broccoli rabe. For the mushrooms, you can substitute any vegetable that pairs well with greens. I'll often use fresh corn and summer squash when it's in season. You can also use feta, or goat cheese instead of the cheddar, for a different variation.

INGREDIENTS

serves 6

1 bunch of greens, or about a pound
1 pound of crimini or shitaake mushrooms
1 onion
3 cloves of garlic
1 glug of olive oil
salt and pepper, to taste
½ cup of white wine
2 16-ounce jars of New Mexican red chile, or homemade red chile
1 large package of corn tortillas
about 3 cups of grated sharp cheddar cheese, more or less depending on how cheesy you want them

EQUIPMENT

cheese grater
cutting board + knife
cast iron skillet or dutch oven, with a lid
large casserole dish
spatula

INSTRUCTIONS

1. Preheat oven to 375 degrees F.
2. Peel and dice the onion, chop garlic.
3. Wash and chop greens, discarding any tough or large stems.
4. Brush the mushrooms clean and slice them.
5. Heat a cast iron skillet or dutch oven over medium high heat. Add a glug of olive oil, enough to coat bottom of pan.
6. Sauté onions until translucent, then add garlic and cook for one minute.
7. Add mushrooms and season with salt and pepper. Add white wine and let simmer until the mushrooms are cooked and the wine is almost evaporated.
8. Add the greens and a splash of water. Cover with a lid and cook for a few minutes, until the greens are wilted. Remove from heat.
9. Now you can assemble the enchiladas: In a large casserole dish pour about ¼ cup of the red chile and spread evenly on the bottom of the pan with a spatula. Make sure there is enough chile to cover the entire casserole dish. Next make a layer of tortillas: Lay tortillas flat in a single layer, tearing some of the tortillas to fit the edges and corners. Spoon half of the vegetable mixture onto the tortillas and spread evenly. Ladle some red chile on top and spread over the veggies. Sprinkle with cheese. Add another layer of tortillas, followed by the rest of the vegetables, a layer of chile, and top with cheese. Add one final layer of tortillas. Top with the rest of the chile and cheese.
10. Cover with foil and bake for 30 minutes or until the cheese is melted. Remove the foil and broil for a few minutes to brown the top. Remove and let cool for a few minutes.



Joe Joe's Birthday Wings

MICHAEL LORENZO
CARLOS OTERO LÓPEZ

(Alternative Title: A wing and a carrot drop into the stomach and the wing says, "I'm with him.")

I love watching movies where food plays a role in relationship-building and character development. I enjoy playing records while I dance and chop veggies. I love to eat outdoors. I'm becoming a better cook. I enjoy building, making, storytelling and walking around town.

My partner Ginny and I decided to make wings for her birthday one year and didn't know what the hell we were doing. Joe Romero showed up and worked his magic, and we have been making them ever since! I think Ginny and I eat this meal - if you can call it that - at least once a month. We experiment with making different dipping sauces. I love eating food that is hands-on. It's fun to dip, and pick and choose, and mix and match, and dance around the table looking for the next combo. Also, the feeling of the hot sauce burning your tongue, prompting a big dip of a carrot into yogurt sauce to calm the burn is oh-so-satisfying. Make more dip than you think you'll need...it will all go. I also like the idea of having something considered so unhealthy paired with big sticks of healthy crunch that proclaims, "I'm eating a vegetable". We have made these wings on a grill over coals, on a cast iron skillet, on a disco, in the oven, on the stovetop. It's really up to you and what you feel comfortable with. The secret is really in the sauce - and allowing the wings to get crispy.

INGREDIENTS

Wings:

1½ pounds chicken wings

5 cloves garlic

3-4 tablespoons of butter

¼ cup Tapatio hot sauce

salt, to taste

Dip:

1 cup yogurt

¼ cup fresh dill

1 tablespoon apple cider vinegar

salt and pepper, to taste

Sides:

sliced carrots, celery, or slice up any veggies you want!

EQUIPMENT

A cast iron skillet is great, but not a deal breaker if you don't have one

INSTRUCTIONS

1. Heat up your cast iron skillet over medium high. Add wings to the hot skillet and sprinkle with salt.
2. Lower heat to medium low and cook until grease begins to sizzle out from the wings.
3. Meanwhile, crush garlic (or chop it). Melt butter in a separate small pot. Add garlic to the melted butter and allow garlic to cook slightly but do not brown! Add salt to taste and set aside.
4. Begin to char the wings by either turning up the heat on your stovetop, or placing them in the broiler, or putting them over some hot coals...you want them to get crunchy.
5. Over low heat, mix Tapatio into the garlic-butter mixture (for not-hot wings...omit hot sauce).
6. Remove wings from broiler or coals and place in pan, pour hot sauce over wings, and toss to coat.
7. Pro tip: If you are using a cast iron skillet, when you pour the sauce over the wings, keep the pan over the heat, the sauce will crystalize, and the garlic will brown... this will make the eating experience that much more fun...you can share the intimacy of picking away at the garlic and the skin stuck to the bottom of the pan.
8. Slice up carrots and celery and other veggies and place them in a bouquet so as not to get overlooked.
9. For the dip: Mix yogurt, dill, and vinegar in a bowl. Add salt and pepper to taste and get to dipping.

The Best Quesadilla

MICHAEL LORENZO
CARLOS OTERO LÓPEZ

I love watching movies where food plays a role in relationship building and character development. I enjoy playing records while I dance and chop veggies. I love to eat outdoors. I'm becoming a better cook. I enjoy building, making, storytelling and walking around town.

This recipe is universal. It is super easy to make. I feel comforted by this meal because I tend to forget to eat, and when I'm super hungry, the input to output for this is pretty favorable when you haven't eaten and don't really feel like cooking. I mean, butter, corn, cheese and hot sauce...it reminds me of popcorn days at school...I also like that quesadillas are an easy vehicle for so many different ingredients!

INGREDIENTS

2 corn tortillas
sharp cheddar cheese
(asadero, mozzarella, or any
melty cheese will do)
butter
dash of salt
half an avocado
Tapatío hot sauce
Optional additional ingredients:
spinach, mushrooms, onions,
spring mix

EQUIPMENT

A cast iron skillet is nice, but not a deal breaker if you don't have one

INSTRUCTIONS

You can cook onions and spinach and mushrooms before you make the quesadilla and then place them in the quesadilla at step 5 ... but you can also keep it pretty simple. For this recipe I'll give you my go-to combo:

1. Place tortillas in a skillet on medium heat until they soften.
2. Flip tortillas to warm the second side.
3. Cut cheese in 1/8" - 3/8" thick slices. Cut enough slices to fill the tortilla.
4. Place cheese between the two warm tortillas.
5. Allow one side to heat up and then flip, immediately rub butter on the hot top tortilla.
6. Allow the bottom tortilla to heat up, flip over, and rub butter on the second side.
7. Allow the quesadilla to cook until crispy and then flip.
8. This is the magic: make sure to press down on the quesadilla to encourage the cheese to ooze out from the sides of the quesadilla. Allow the cheese to bubble and crisp.
9. Flip the quesadilla one more time and press on the top to encourage more cheese to ooze out. Both sides of the quesadilla should be slightly crunchy with a cheese crust on the edge.
10. Slice up half of an avocado and smush it into the quesadilla.
11. Splash some Tapatío on top (I like the vinegar hot sauce vibe that Tapatío offers, but you can use whatever hot sauce or salsa you have on hand).
12. Take some mixed greens and bunch them up into a ball and shove them in your mouth and eat them right before the quesadilla. You can also place them in the quesadilla, but I prefer to get my foliage in one shot and then enjoy the fatty goodness that is the quesadilla.





QUESADILLAS
Piece by Joseph Q. Romero
Photo by Kevin Beltran

Soy Marinated Eggs

JOSEPH Q. ROMERO

I like to cook, skateboard, and eat pizza!

I'm an egg fanatic, and this is definitely one of my favorite ways to eat eggs. It is an easy breakfast prepared in advance and is great as a snack or fantastic as a side dish.

INGREDIENTS

6 large eggs
2 cups water
medium bowl of ice water
5 garlic cloves
2 teaspoons of red pepper flakes
 $\frac{3}{4}$ cup soy sauce
3 tablespoons of Mirin
2 tablespoons of rice vinegar
toasted sesame seeds, for garnish

INSTRUCTIONS

1. Gently place eggs into a saucepan full of boiling water. When water returns to a boil, cook for 7 minutes. Transfer eggs to a bowl of ice water with a slotted spoon, and let cool for 5 minutes. Remove eggs from ice water and peel. Eggs may still be a little warm.
2. Bring remaining ingredients (except sesame seeds) to a boil in a medium saucepan, and simmer for 5 minutes. Remove from heat, pour into the Mason jar, and add the peeled eggs. Let sit to marinate for at least 1 hour - or up to 2 days in the refrigerator.
3. To serve: Drain the eggs and cut them into quarters lengthwise. Top with sesame seeds, if desired.

EQUIPMENT

one quart Mason jar
large saucepan
bowl
slotted spoon
medium saucepan





SOY MARINATED EGGS
By Michael Lorenzo Carlos Otero López

See-through Mushroom Dumplings

JOSEPH Q. ROMERO

I like to cook, skateboard, and eat pizza!

I love this recipe because it's completely gluten-free and vegetarian, and it looks really cool! It is a fine snack or side dish for friends. (And if your friends don't like mushrooms, it's time to find new friends!)

INGREDIENTS

½ pound mushrooms
4 Brussels sprouts, trimmed
1 medium carrot
½ onion
1-inch piece fresh ginger, peeled
4 garlic cloves, peeled
¼ bunch of cilantro
2 tablespoons toasted sesame oil
4 pinches of salt
2 pinches of pepper
1 tablespoon of Mirin
1 tablespoon of Tamari
14 6" rice paper wrappers
dipping sauce of your choice

INSTRUCTIONS

1. Finely dice the mushrooms, onion, carrot, cilantro, Brussels sprouts, ginger, and garlic by hand or in a food processor.
2. Sauté the diced veggies in a skillet for 6 minutes in toasted sesame oil over medium heat.
3. Add the mirin and tamari and cook for 2 additional minutes. Let the mixture cool completely.
4. Dip the rice paper wraps in a bowl of lukewarm water for 2 seconds each, so they become tender and translucent. Lay them on a flat clean counter. Work with two wrappers at a time so they don't dry out.
5. Place about a tablespoon of filling in the center of each wrapper and gently gather the sides of the wrapper around the filling to close. Give a slight twist to the wrapper to seal it totally shut. Feel free to trim (with scissors) any excess wrapping off the top.
6. Dip in your favorite dipping sauce and share! Makes about 13 dumplings. Serve cold.

EQUIPMENT

knife
cutting board
food processor (optional)
skillet
large bowl of lukewarm water
plate
rubber spatula
spoon
scissors (optional)



Pennsylvania Dutch Shoofly Pie

KERRY BERGEN

My art is an interpretation of social, historical and cultural arts. As a mixed media artist, I deconstruct iconic images and interpret them by building on symbolic messages. Teaching art and painting murals brings awareness to the environment and intertwines culture, tradition and vitality of the community.

This is a traditional Pennsylvania Dutch family recipe handed down from my great-grandmother. This recipe is one that has always been a part of my family's Pennsylvania Dutch German traditional foods. The cake-like pie is served as breakfast with coffee or as a dessert. The gooey black strap molasses flavor, and sweet aroma while baking, bring memories of my grandmother's kitchen.

INGREDIENTS

one 8" unbaked, fluted pie crust
1½ cups flour
½ cup sugar
pinch of salt
½ teaspoon cinnamon
¼ cup butter or shortening
½ cup molasses
¾ cup boiling water

EQUIPMENT

mixing bowl
pastry blender, optional
oven proof mixing bowl for boiling water and baking soda mix
whisk or spoon

INSTRUCTIONS

1. Put flour, sugar, salt, cinnamon, and shortening into a mixing bowl. Work it together with your hands, or a pastry blender, until crumbs look a little coarser than cornmeal.
2. In another bowl, combine the molasses and boiling water. Add baking soda, stirring briskly - it usually foams up.
3. Lightly stir in 1½ cup of the crumb mixture.
4. Pour filling into the pie crust. Sprinkle the rest of the crumbs over top.
5. Bake in a preheated 375 degree F oven for 30-40 minutes until lightly browned.



Pennsylvania Dutch Sliced Sour Cucumbers

KERRY BERGEN

My art is an interpretation of social, historical and cultural arts. As a mixed media artist, I deconstruct iconic images and interpret them by building on symbolic messages. Teaching art and painting murals brings awareness to the environment and intertwines culture, tradition and vitality of the community.

This was a traditional picnic salad made by my great-grandmother, my grandmothers, and my mother. This recipe reminds me of our family reunions at my grandfather's amusement park in the country. We gathered at the picnic tables under the pavilion and played in the park. My great grandmother always brought her simple traditional Pennsylvania Dutch foods.

INGREDIENTS

2 cucumbers
1 onion (any kind; Vidalia, red, white)
1 cup of water
1 teaspoon of sugar
1 teaspoon of salt
1 teaspoon of pepper
vinegar to taste (white vinegar or apple cider vinegar)

INSTRUCTIONS

1. Slice cucumbers and onion.
2. Combine water, sugar, salt, pepper and vinegar to taste in a bowl. Pour over cucumbers and sliced onions in Mason jars.
3. Let marinate in the refrigerator for 1-2 hours.
4. This recipe is done with your own taste preference; add sugar, salt and vinegar as you like!

EQUIPMENT

Mason jars or covered containers to marinate and refrigerate the cucumbers
knife
cutting board
bowl





PENNSYLVANIA DUTCH CUCUMBERS
By Jade Leyva

Mushroom Ceviche Tostadas

JADE LEYVA

I am a Mexican Visual Artist who is a total foodie. I enjoy traveling and tasting new things that are healthy and tasty while learning about new ingredients. I am a vegetarian and I like producing traditional foods and love making things from scratch.

In an ever-growing vegetarian world, mushroom ceviche is a delicious veggie option for this lime-marinated dish. Ceviche is to be enjoyed when you are on the beach in Mexico. It is a dish that typically contains freshly caught fish. In this case, it has been adapted into a vegetarian version with mushrooms instead of fish.

The amazing taste and freshness of this dish transports my mind back to the quaint ocean sites I've visited throughout my homeland of Mexico. This recipe serves eight people.

INGREDIENTS

1 pound of fresh, white mushrooms
8 Roma tomatoes
1 medium onion
4 limes
1 bunch of fresh cilantro
2 fresh jalapeño chiles
1 teaspoon of salt
1 teaspoon of pepper
½ cup of extra-virgin olive oil
corn tostadas, for serving

EQUIPMENT

chopping board
knife
large mixing bowl
large spoon

INSTRUCTIONS

1. Remove the stems of the chiles and tomatoes, and the roots of the onion.
2. Chop all the ingredients, except for the limes.
3. Place all the ingredients in a mixing bowl and squeeze all the limes over them. Add salt and pepper, and mix with a large spoon. Cover and marinate in the fridge for a couple of hours until chilled.
4. Serve in small individual bowls. Your guests can make their own tostada by placing the topping on the flat, crunchy tostadas. This is a perfect fresh, summer dish to be enjoyed in an outdoor setting! Easy, nutritious and delicious! Enjoy!





MUSHROOM CEVICHE
By Kerry Bergen

Mexico City and Puebla Style Chiles Rellenos

JADE LEYVA

I am a Mexican Visual Artist who is a total foodie. I enjoy traveling and tasting new things that are healthy and tasty while learning about new ingredients. I am a vegetarian and I like producing traditional foods and love making things from scratch.

This recipe is for a delicious traditional dish that originated in Puebla, Mexico, and has been adopted and widely cooked in many Mexico City kitchens. Similar dishes are known to be cooked in other regions utilizing different kinds of chiles and batters. This dish is my favorite, and I cook it often at home. It serves eight people and takes about three hours to prepare. The combination of flavors and smells while cooking and eating this dish transports me to my homeland. It is truly a delicious staple of central Mexico and I hope lots of people learn how to cook it and enjoy it as much as I do!

INGREDIENTS

16 Poblano peppers
1 pound of queso Oaxaca, or any fresh mozzarella cheese
6 eggs
1 cup of veggie oil for frying
1½ cups of all-purpose flour
8 Roma tomatoes
6 cups of water
½ large onion
3 cloves of garlic
1 tablespoon of Mexican oregano
Salt, to taste (about 1 teaspoon)
¼ cup extra virgin olive oil

EQUIPMENT

blender
chopping board
knife
tongs
medium-sized baking dish
saucepan
flat pan
ladle
toothpicks
cooking gloves, for cleaning peppers

INSTRUCTIONS

Roasting the peppers:

1. On a gas stovetop turn the burners on high, place peppers directly on the burner so they get direct flame exposure. Roast all the peppers, turning with tongs until their skin looks charred all over. Try not to burn the stems if possible (this will allow you to handle them easier for the next steps). When peppers are charred, place them in a large glass or metal container and cover tightly. Let the peppers sweat for about 1 hour so the skin will steam and be easier to remove. The smell of roasted Poblano peppers is delicious!

Making the sauce:

1. Preheat the oven to 350 degrees F. Quarter the tomatoes, removing the stems. Chop the onion and garlic. Place all ingredients into an oiled, medium-sized baking dish. Drizzle with the remaining oil and sprinkle some salt on top as well. Place the dish into your pre-heated oven, stirring occasionally until the ingredients look cooked through, and a little browned (approximately 30-45 minutes). Keep watching them, so your ingredients do not burn.
2. When fully roasted, take them out of the oven and let them cool enough to handle. Once cooled a little, place the roasted tomatoes, onions, and garlic in a blender and add the oregano and salt. Blend and pour into a saucepan. The consistency should be like tomato soup. If it is too thick, add some more water. Taste for salt and cook your sauce on low heat until your peppers are stuffed and ready for smothering.





Cleaning, stuffing, and frying the peppers:

1. **Cleaning:** Place the container with the peppers in the sink. Put cooking gloves on. Under running water, rub the charred skin off of every pepper, placing in a separate clean container next to the sink. Once all peppers are peeled, make a vertical slit on the side of each pepper (from the stem to the tip). Put your thumb and index fingers around the stem on the inside of the pepper and, closing your fingers into a small circle to allow you to loosen the seeds, pull the seeds out. Wash the inside of each chile under running water so you can get all the seeds out. Put all peppers aside. They are now ready for stuffing.
2. **Stuffing:** If using Oaxaca cheese, thinly shred it. For mozzarella, just cut it into thin, long pieces. Place a handful of cheese inside each pepper, overlap the edges, and secure with a toothpick (let the toothpicks stick out so you can remove them easily once you fry them).

Frying:

1. Separate the egg whites from the yolks and place the whites in a large mixing bowl. Beat the egg whites until they create a meringue-like, thick texture. Then add the yolks and continue mixing until the color becomes even.
2. Place flour in a medium mixing bowl and place the egg bowl next to it. (Be sure you are close to the stove for this step). In a couple of large, flat pans, start warming some oil over medium heat. Grabbing your stuffed peppers by the stem, roll each pepper in the flour, leaving about half of the toothpick sticking out of the pepper. Still grabbing the floured pepper by the stem, dip it in the egg batter until it is completely covered except for the stem. Transfer your battered peppers to the hot pan (try to have the toothpick part facing to the top so you can remove it easier. If you lose any toothpicks in the batter while frying, just be sure to warn people!). Using a spatula, carefully turn peppers when the egg is cooked. You can tell by sliding the pepper and if it slides easy, it means the egg is fully cooked. Add oil as needed. Place your fried peppers on a large baking sheet.

Serve your chiles rellenos on a dish, smothered with a couple of ladles of sauce. Serve with hot tortillas, black beans, and rice on the side. Enjoy!!



Happy cooking!

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