

Our speakers tonight refer to themselves as the “Savor Sisters.” Here’s their Savor the Southwest Blog link, with lots to intrigue you!

<https://savorthesouthwest.blog/>

Each of these talented women have their own web sites which will give you more ideas and insights into their skills.

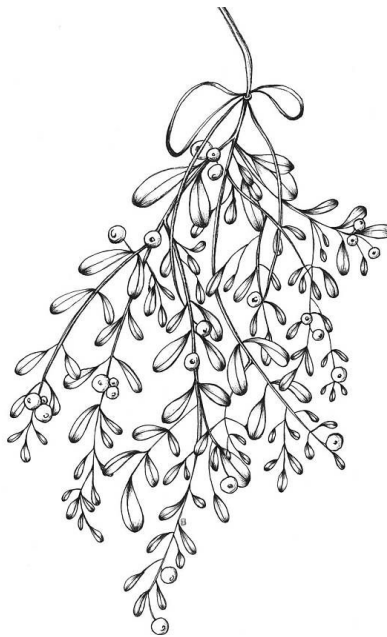
Martha (Muffin) Burgess’ webpage: <http://www.flordemayoarts.com/>

Carolyn Niethammer’s webpage: <https://www.cniethammer.com/>

Amy Valdés Schwemm’s webpage: <https://www.manoymetate.com/>

And now: THE RECIPES from the
AZNPS program!

Each recipe is on a separate page,
so click through to find the ones
you are seeking.



Martha Ames Burgess' recipes: *Enjoy these festive tastes of the desert!*

Mesquite & White Sonora Wheat Lemon Squares (with Amaranth or Pine-nuts)

For the crust: Preheat oven to 350°F.

Sift together:

¼ Cup fine mesquite pod flour (*Prosopis velutina*)

¾ Cup heirloom white Sonora wheat pastry flour

¼ Cup confectioners' sugar

Combine with ½ Cup melted butter.

Press dough mixture into a well-greased 8" x 8" baking dish.

Bake 20 minutes.

For the lemon layer:

Meanwhile, combine:

1 Cup sugar (or agave nectar)

½ tsp double-acting baking powder

2 beaten eggs

2-3 Tbsp Meyer lemon juice or heirloom sweetlime juice

2-3 tsp grated Meyer lemon rind or sweetlime rind

(optional) 1 tsp popped amaranth seed atop lemon layer (before baking—see below)

Bake 25 minutes. Remove from oven and sprinkle topping immediately.

For the topping:

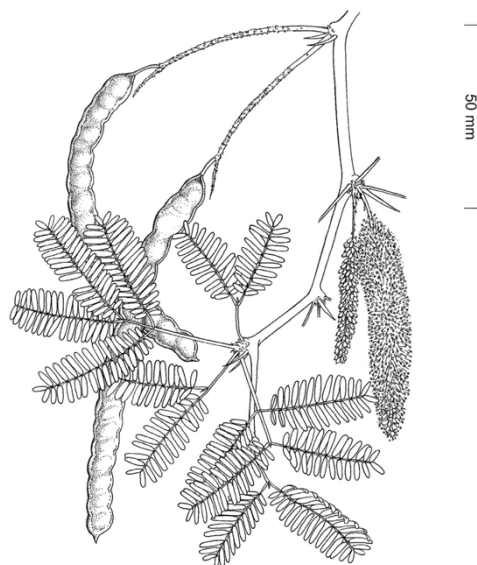
Pop 1-2 tsp whole amaranth seed in a dry skillet to sprinkle on top when the dual-layered baking dish is hot out of the oven. Don't fret if all your amaranth seeds don't pop. Use them all! The toasted seeds add a nice crunchy texture to these lemon bars. (Option: sprinkle half the popped amaranth on top of lemon custard before baking and the other half on top after baking.)

Topping Option 2: pine nuts/pinyones shelled (*Pinus cembroides* Mexican pinyon in southern AZ or *Pinus edulis* Colorado pinyon in northern AZ)

Chill pan before cutting this flat double-layered "pie" into small (1") squares to serve. It is so rich you don't need big bites.

Enjoy the contrasting flavors of mesquite with lemon and the nutritious crunch of wild native amaranth seeds (*Amaranthus palmeri* or domestic *Amaranthus cruentus*)!

From Martha Ames Burgess Dec.2020 for AZNPS



Amaranth Chocolate Chip Cookies with Desert Berries and Desert Nuts

Preheat oven to 375°F

Sift together dry ingredients, then set aside in a separate bowl:

¾ Cup amaranth flour

1 ½- 1 ¾ Cups all purpose flour (or better still heirloom White Sonora Wheat flour)

1 tsp sea salt

1 tsp baking soda

Beat together wet ingredients (in order) until creamy:

1 Cup brown sugar

1 Cup softened butter

½ Cup raw desert wildflower honey (OR agave nectar)

2 eggs

2 tsp Mexican vanilla

Gradually mix dry ingredients thoroughly into wet ingredients.

Stir in the fruits and nuts into dough mixture:

1-2 Tbsp desert hackberries dried or fresh, OR, 1/2 C dry cranberries

1 Cup chocolate drops

1-2 Tbsp de-hulled chopped bellotas (Emory oak acorns), OR, 1/2 Cup de-hulled pinyones

Drop by spoonfuls onto ungreased cookie sheets and bake 8-10 minutes.

From MA Burgess December 2020 AZNPS holidays



Mesquite “Sitol Sour” for AZNPS

For a festive non-alcoholic drink, mix together over crushed ice:

2-4 oz mesquite syrup *sitol* (boiled velvet- or honey-mesquite pods *Prosopis velutina* or *P.glandulosa* for juice, strained then cooked down to concentrate as syrup, filtered if desired)

2-4 oz tart unsweetened cherry juice (preferably from native AZ chokecherries *Prunus* spp) or unsweetened cranberry juice

2-4 oz bold ginger ale

2-3 slices of squeezed heirloom sweetlime *Citrus limetta* juice with rind (or Mexican lime or lemon) (sweetlimes available at Mission Garden or grow your own tree!)

To ramp this up into a higher-octane Arizona Native Plant Libation, add to the above mix:

2 droppers full of Sonoran Desert bitters (or other favorite bitters)=2 teaspoons

2+ oz bootleg agave juice (*bacanora* from *Agave angustifolia*, or other favorite local mescal)

Serve over crushed ice with a sprig of desert lavender (*Condea emoryi* aka *Hyptis emoryi*) with cheers for our native plants and their many gifts!

From Martha Burgess, Dec.2020

Additional resources

www.savorthesouthwest.blog post for libation-- Mesquite Sitol Sour libation
<https://savorthesouthwest.blog/2020/10/30/whole-mesquite-pods-what-to-do/>

And here’s a bonus recipe that Martha might mention in her presentation:
<https://savorthesouthwest.blog/2019/04/12/wild-rhubarb-upside-down-cake/>

Carolyn Niethammer's Recipes

Festive holiday treats!

Seedy Delight

At the time of the arrival of Columbus in the New World, chia was one of the four main Aztec crops, domesticated from the wild. One of the ways they used it was to make what the authors called a “dough,” called *tzoalli*. They parched amaranth and chia seeds, ground them and mixed them with black maguey syrup. Chocolate was an Aztec favorite as well so I decided to include some of that as well. I began with just a small amount – you can always increase it if you want to make a big batch. We’ll use modern agave syrup, although pulp from a roasted agave heart would work as well.

- ¼ cup chia seed
- ¼ cup amaranth seed
- 2-3 tablespoons agave syrup
- ½ cup semi-sweet chocolate chips



In a wok or heavy bottomed pan over medium heat, parch the chia seed for just a minute, stirring constantly. Transfer to a coffee grinder or blender and grind to a powder. Put into a bowl. Repeat with the amaranth grain. It is possible the amaranth grain will pop, resulting in a light cloud, like very tiny popcorn kernels. If that happens, fine; if not, equally fine. Combine the ground chia and amaranth in a bowl and begin adding the agave syrup and stirring until you have a stiff dough that holds together.

Form balls the size of a large olive. Moistening your hands helps the process. Put in the refrigerator to harden.

Melt the chocolate chips in a heat-proof bowl in the microwave or over hot water. If using the microwave, heat for one minute, check, then continue heating in 30 second increments until melted.

Line a plate with waxed paper or plastic wrap. Using the tines of a fork, roll each ball of the chia/amaranth dough in the chocolate. Transfer to the plate. Refrigerate until the chocolate has hardened.

Taken from *Cooking the Wild Southwest* by Carolyn Niethammer (University of Arizona Press, 2011).

And here's the direct link to Carolyn Niethammer's video that we showed on Zoom during the meeting: <https://www.youtube.com/watch?v=gHm3837wtgo&feature=youtu.be>

Amy Valdés Schwemm's Recipes
Make the holiday special!

Mole Dulce and Wild Seed Brownies



Batter:

2 eggs
1 cup sugar
1 stick butter (¼ cup)
½ cup plus 2 Tablespoons cocoa powder, sifted
1 teaspoon vanilla extract
¼ cup all-purpose flour
1/8 teaspoon salt
3 Tablespoons Mole Dulce powder (see manoYmetate.com)
2 Tablespoons Chia seed, Barrel cactus seed, or other seeds

Topping:

2 Tablespoons Mole Dulce powder (see above)
1 Tablespoon seeds (see above)

Preheat the oven to 300° F. Prepare an 8-inch square pan by greasing with butter and dusting with cocoa powder or lining with parchment paper (with wings on two sides) and buttering the paper.

With a mixer or a whisk, beat the eggs at low speed until fluffy and light yellow. Add sugar and beat. Add remaining ingredients and mix to combine. Pour the batter into the prepared pan and sprinkle with the topping mix.

Bake for 45 minutes, or to taste. When a toothpick or cake tester inserted into the center of the pan comes out clean or with crumbs instead of batter, they are ready. For less gooey brownies, bake a little longer. Remove to a rack to cool completely before cutting into tiny squares. Or eat at whatever temperature and in any size you like!

Atole de bellota (warm beverage)

From Amy Valdés Schwemm



ManoYMetate

- 1 cup water or milk (cow, coconut, nut, grain, etc)
- 1 Tablespoon corn masa meal (or corn starch)
- 1 Tablespoon acorn meal (see below; or mesquite meal or more corn)

To taste:

- 1 Tablespoon cacao nibs (or cocoa powder)
- 1 Tablespoon Mano Y Metate Mole Negro powder (see ManoYMetate.com)
- 1 Tablespoon honey
- 1 chiltepin
- A dash of salt

If you are starting from whole acorns (*Quercus emoryi*), shell and grind them. If they are bitter, cover with water and soak for 30 minutes. Drain them. Repeat as necessary to your taste.

Toast the cacao nibs until shiny and fragrant, then grind them.

Put the water or milk in a small pan and whisk in the acorn and corn meals. Heat, stirring often, until slightly thick. Add the rest of the seasonings and stir until well combined. Drink in ugs, stirring with a spoon to suspend the coarser parts as you enjoy the mélange of tastes!

