

California Tamale Pie.

1 cup yellow corn meal, 1 cup cold water 2 cups boiling water, 1 tsp. salt, 2 T. butter. In top of double boiler mix corn meal with cold water until smooth. Gradually stir in boiling water add salt. Stir constantly over direct heat until mixture thickens add butter cover & cook over water 20 min. stirring occasionally salt - Line a well greased 2 qt baking dish with the mixture.

Filling 1/2 pd ground beef, 1 large onion minced, 2 T oil, 2 T flour, 2-3 oz cans tomato sauce, 1/3 cup or more burgundy wine, 2 tsp. or more chile pd, 1/2 tsp cumin seed the whole & the powdered both salt, garlic salt, pepper to taste.

1 cup whole ripe pitted olives, 1 no. 303 ^{corn} whole kernel corn, drained. 1/2 cup cheddar cheese.

Saute beef & onion in oil, blend in flour add tomato sauce & wine, Cook until mixture boils & thickens.

Simmer 5 min. add seasoning, olives & corn.

Pour filling into corn meal crust sprinkle with grated cheese. Bake 350° 45 min.

Gladys Reichel ~~recipe~~ recipe.

Nov. 6th 1969-

Southwestern Coleslaw

1 of 2

YIELD: 1 PORTIONS PORTION SIZE: 1 CUP

SLAW

- 1 teaspoon (5ml) corn oil
- 1½ ounces (45g) leeks, cut into julienne
- 3 ounces (90g) carrots, cut into julienne
- 3 ounces (90g) cabbage, finely shredded
- 3 ounces (90g) cucumber, cut into julienne
- ½ tablespoon (7g) cilantro, cut into chiffonade
- ½ tablespoon (7g) mint, cut into chiffonade

DRESSING

- 1 fluid ounce (30ml) rice vinegar
- 3 fluid ounces (90ml) chipotle oil, prepared
- ½ teaspoon (1g) onion powder
- ½ teaspoon (1g) garlic powder
- Mexican lime juice, to taste
- salt, to taste
- black pepper, ground, to taste

CHEF TIPS Chipotle oil is made by marinating chipotle chiles in olive or vegetable oil for a minimum of 24 hours before using. The strength or heat of the oil is determined by the ratio of chipotle chiles to oil. It is recommended that once the desired strength is achieved, the ratio be rechecked to ensure consistency of the finished products using this oil as an ingredient. Chipotle oil can be stored for up to a month if advance preparation is desired. Just about any variety of dried chile can be used to create flavored oils.

Heat the corn oil in a sauté pan over medium-high heat. Sauté the leeks until they are tender. Remove from the heat and reserve under refrigeration at 41°F (5°C) or lower until needed.

Blanch the carrots in a saucepot of boiling salted water until they are tender. Shock in an ice-water bath, drain, and reserve under refrigeration at 41°F (5°C) or lower until needed.

Combine the sautéed leeks, blanched carrots, cabbage, cucumbers, cilantro, and mint. Reserve under refrigeration at 41°F (5°C) or lower until needed.

Prepare the dressing by combining the rice vinegar, chipotle oil, onion powder, and garlic powder.

Season the dress at 41°F (5°C) or l

SERVING

Combine the rese the vegetables are

 Hold under ref

COOLING,

Cover the coleslaw;

Calabacit:

YIELD: 1 PORTIONS

- 3 tablespoons
- 4 ounces (120
- 2 cloves garlic,
- 16 ounces (480
- 3 ounces (90g) cut into small d
- 10 ounces (300
- ½ teaspoon (1g salt, to taste
- black pepper, gr
- 5 ounces (150g)

Melt the butter in a sauté

Add the onions and garlic

Remove the garlic cloves. Cover, lower the heat, an

Southeastern Bellau (Continued)

2 of 2

Season the dressing to taste with lime juice, salt, and black pepper. Reserve under refrigeration at 41°F (5°C) or lower until needed.

SERVING/HOLDING

Combine the reserved vegetables with the dressing just before using. Toss thoroughly until all the vegetables are coated with the dressing.

Hold under refrigeration at 41°F (5°C) or lower until needed.

COOLING/STORING

Cover the coleslaw, label, date, and store under refrigeration at 41°F (5°C) or lower.

Calabacitas con Maize

YIELD: 6 PORTIONS PORTION SIZE: 4 OUNCES

ipote oil is made by marinating in olive or vegetable oil for 24 hours before using. The rate of the oil is determined by the type of chiles to oil. It is recommended the desired strength is noted to be recorded to ensure consistency. Chipotle oil can be stored in airtight containers for up to 6 months if advance preparation is made. About any variety of dried chiles to create flavored oils.

- 3 tablespoons (45g) butter
- 4 ounces (120g) onion, cut into small dice
- 2 cloves garlic, peeled, crushed
- 16 ounces (480g) zucchini, cut into small dice
- 3 ounces (90g) New Mexico green chiles, cut into small dice
- 10 ounces (300g) corn kernels
- 1/2 teaspoon (1g) dried mint salt, to taste
- black pepper, ground, to taste
- 5 ounces (150g) tomato concasse

CHEF TIPS Calabacitas is the Spanish word for squash.

leaks until they are tender or lower until needed.

are tender. Stir in the onion, cilantro, and mint. Add salt, onion powder, and garlic

Melt the butter in a sautoir pan over medium-high heat.

Add the onions and garlic cloves and sauté until the onions are translucent.

Remove the garlic cloves from the pan and add the zucchini, chiles, and corn kernels.

Cover, lower the heat, and cook for approximately 3-5 minutes or until the vegetables are tender.

Stir in the mint and season to taste with salt and black pepper.

Baked Southwestern Egg Rolls

INGREDIENTS

2 cups frozen corn, thawed
1 (15 oz.) can black beans, rinsed and drained
1 (10 oz.) package frozen chopped spinach, thawed and squeezed dry
2 cups shredded Mexican cheese blend
1 (4 oz.) can diced green chiles, drained
4 green onions, chopped
1 tsp. ground cumin
½ tsp. chili powder
1 tsp. salt
½ tsp. pepper
¼ tsp. cayenne pepper
1 package egg roll wrappers (about 24 total)

<https://everydayannie.com/2010/03/05/baked-southwestern-egg-rolls/>



Karen Tatarka <ktatarka@westonct.gov>

[EXTERNAL]

1 message

Barbara Kleban <barbkleban@gmail.com>
To: Karen Tatarka <ktatarka@westonct.gov>

Wed, Jul 14, 2021 at 9:00 AM

Southwestern cornbread

6 TBsp melted butter

1. 1/2 cups masa harina

1/2 cup fresh or canned corn

Small can drained chilis (optional) or 1 Chopped fresh jalapeno

1/2 C flour 2 Tbsp baking powder

1 tsp sea salt.

1/4 cup maple syrup or honey or sugar

2 eggs.

Combine all ingredients. Cook in iron skillet at 425 for 25 min

Refried Bean, Zucchini and Corn Gratin

By Martha Rose Shulman

YIELD 6 to 8 servings

TIME 1 hour 15 minutes

This is my own interpretation of a traditional Southwestern dish (that has many interpretations) called Three Sisters Casserole. Three Sisters refers to the Native American practice of growing corn, beans and squash in the same field. I've seen many different recipes for Three Sisters Casserole and Three Sisters Gratin, some using winter squash, more using summer squash. Sometimes the vegetables are combined and topped with a layer of polenta. In this version, each element gets its own flavorful layer. Although you can use canned beans for the dish, I urge you to use simmered beans because the refried beans will taste best if you reduce them in their flavorful broth.

INGREDIENTS

PREPARATION

FOR THE BEANS

3 cups simmered black beans or pinto beans, with liquid (see recipe (<http://cooking.nytimes.com/recipes/1016030-a-big-pot-of-simmered-pintos>))

2 tablespoons grapeseed or sunflower oil

2 teaspoons cumin seeds, ground

1 chipotle in adobo, seeded and minced (optional)

Salt to taste

1 teaspoon mild or hot chili powder (more to taste)

FOR THE SQUASH

2 tablespoons extra virgin

Step 1

Heat oven to 375 degrees. Oil or butter a 2-quart baking dish or gratin dish.

Step 2

Refry beans: Drain off about ½ cup of liquid from beans, retaining it in a separate bowl to use later for moistening beans, should they dry out. Heat oil over medium-high heat in a large, heavy nonstick frying pan and add ground cumin and chili. Cook, stirring over medium heat, for about a minute, until the spices begin to sizzle and cook. Add beans and optional chipotle. Fry beans, stirring and mashing with the back of a spoon, until they thicken and form a thin crust on the bottom of the pan. Stir up crust and mix into the beans. Cook until beans are thick but not dry, about 10 minutes. Add liquid you saved from the beans if they seem too dry. Taste refried beans and adjust salt (they probably won't need any as the broth reduces when you refry them). Spread in an even layer in the baking dish. (Note: If you use canned beans, do not drain. The frying process will go more quickly.)

Step 3

Clean and dry skillet. Heat over medium heat and add olive oil. Add onion and cook, stirring, until tender, about 5 minutes. Add a pinch

olive oil
1/2 cup minced onion
Salt to taste
2 garlic cloves, minced
1 1/2 pounds zucchini or mixed zucchini and yellow squash, sliced about 1/4 inch thick
1/2 to 1 teaspoon oregano, preferably Mexican oregano, to taste

FOR THE CORN

2 cups corn kernels (fresh or frozen)
1 1/4 cups milk
1 serrano chile, minced
1/4 cup cornmeal or polenta
Salt to taste
1/2 cup grated asadero, Monterey Jack or pecorino
1/4 cup crumbled queso cotijo, queso fresco, or feta
1 tablespoon butter or extra virgin olive oil

of salt and garlic and cook, stirring, until garlic is fragrant, about 30 seconds. Add squash, oregano, salt and pepper, and turn up heat slightly. Cook, stirring often or tossing in pan, until squash is translucent and tender, 5 to 10 minutes. Taste and adjust seasoning. Spread in an even layer over the beans.

Step 4

Combine corn and milk in a saucepan and bring to a simmer. Simmer 5 minutes, until corn is just tender. Stir in cornmeal and minced serrano, add salt to taste, and continue to simmer until mixture is thick, 3 to 5 minutes. Stir in grated cheese. Remove from heat and spread in an even layer over squash. Sprinkle crumbled cheese over top. Dot with butter or drizzle on oil.

Step 5

Place in oven and bake 25 minutes, until bubbly and crumbled cheese is lightly browned. Serve hot or warm.

Tip

Advance preparation: The refried beans will keep for 3 or 4 days in the refrigerator, but you will need to moisten them before you assemble the gratin. Th

PRIVATE NOTES

Leave a Private Note on this recipe and see it here.



Karen Tatarka <ktatarka@westonct.gov>

[EXTERNAL] Re: Cookbook Club tomorrow, 7/15 - Southwest Inspired Recipes

1 message

Lyn Kimberly <Lyn@americanwanderer.com>
 To: Karen Tatarka <ktatarka@westonct.gov>

Wed, Jul 14, 2021 at 12:12 PM

Bummer wish I could attend tomorrow but we'll be out-of-town for Camp business.

Catharine & Anna are away on vacation visiting friends in Ft. Lauderdale...had to take advantage of the low airfares only \$74 RT...before Anna heads back to her 3rd Year of Dental School @ UCONN next Monday.
 Maybe Catharine can make it next month if outdoors again if before she heads back to school on August 25th.

Here are two family favorites as sides (or add a protein to make it a meal) for southwestern cuisine which is at least a once a week menu option here these are great especially in the summer!

SOUTHWESTERN PASTA SALAD

All Recipes

Prep Time: 20 Minutes

Ready In: 30 Minutes

Yields: 8 Servings

Rotini, or the pasta of your choice, is tossed with a zesty dressing of lime juice, chili powder and cumin. Corn, black beans, red and green bell pepper, tomatoes and cilantro add texture, flavor and color.

Serve on a bed 1 of lettuce for a nice touch or plain.

Add protein of your choice to make it a meal.

INGREDIENTS:

1/2 (16 ounce) package rotini
 1/3 cup vegetable oil drained and rinsed
 1/4 cup fresh lime juice
 2 tablespoons chili powder
 2 teaspoons ground cumin
 1/2 teaspoon salt
 2 cloves garlic, crushed
 1 1/2 cups whole kernel corn
 1 (15 ounce) can black beans
 1/2 cup diced green bell pepper
 1/2 cup diced red bell pepper
 1/2 cup fresh cilantro leaves
 1 cup chopped roma (plum) tomatoes

DIRECTIONS:

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
2. In a large bowl combine oil, lime juice, chili powder, cumin, salt and garlic. Stir in pasta and set aside to cool to room temperature, stirring occasionally.
3. Stir in corn, beans, green pepper, red pepper and 1/2 of the cilantro leaves. Spoon onto a platter or bowl and garnish with tomatoes and remaining cilantro.
 Serve chilled or at room temperature.

BLACK BEAN CORN SALAD

Courtesy of Rachael Ray

Total Time: 25min

Prep: 10 min

Inactive: 15 min

Yield: 4 servings

INGREDIENTS:

1 can, 14 ounces, black beans, rinsed and drained
 2 cups of frozen corn kernels
 1 red bell pepper, seeded and chopped
 1/2 red onion, chopped
 1 1/2 teaspoons, ground cumin (1/2 palm full)
 2 teaspoons, hot sauce (Frank's Red Hot is what we use)

1 lime, juiced
2 tablespoons, vegetable or olive oil
Salt and pepper to taste

DIRECTIONS:

Combine all ingredients in a bowl.
Let stand at least 15 minutes for corn to fully defrost and flavors to combine, then toss and serve.
The corn will also place a quick-chill on this easy side-salad as it defrosts ~ no need to refrigerate!

Hope you get some people to come!

Best from,
Lyn

On 7/14/2021 10:44 AM, Karen Tatarka wrote:

Good Morning Everyone,

I just checked the weather, and it looks like we should be good to go for an in-person Cookbook Club on the Library lawn tomorrow at noon! So far I have recipes for Southwest Cornbread and Southwest egg rolls. I'll have some tables and chairs out, but please feel free to bring a chair, too, if you prefer to sit a bit apart.

Looking forward to seeing many of you! And if you are so motivated, tomorrow is our first Spice Club pick up. There will be samples of Hatch Chile powder at curbside pick up, first come, first served.

Karen

Karen Tatarka
Director, Weston Public Library
56 Norfield Rd.
Weston, CT 06883
P: 203-222-2650
ktatarka@westonct.gov
Like the Library on [Facebook](#)
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Please note, I am currently in the office Tuesday through Saturday. If you need assistance on Monday, please call 203-222-2665.

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Mexican Meatloaf (Weight Watchers)

Points 3
(check points; may be 4?)

Total Time 1 hr 20 min **Prep** 15 min **Cook** 1 hr 5 min

Serves 6 **Difficulty** Easy

Cook this spiced-up meatloaf on a broiler pan so any excess fat can drip away. Line the bottom of the pan with foil for speedy clean up.

Ingredients

cooking spray 1 spray(s)

uncooked lean ground beef ½ pound(s)

uncooked extra lean ground turkey breast
½ pound(s)

egg white(s) 2 large

cornbread stuffing dry mix 2 oz, (about 1
cup)

uncooked onion(s) 1 medium, chopped

chili powder ½ tsp

ground cumin ¼ tsp

canned green chili peppers 4 oz, diced

canned enchilada sauce 8 oz

Instructions

1. Preheat oven to 375°F. Coat a broiler pan with cooking spray.
2. In a large bowl, mix beef, turkey, egg whites, stuffing mix, onion, chili powder, cumin, chilies and half of enchilada sauce together. Shape into an oval with your hands and place on prepared broiler pan.
3. Cook for 1 hour, top with remaining enchilada sauce and bake for 5 minutes more. Slice into 6 pieces and serve.

Strawberry Sangria

White wine or rosé flavored with fresh strawberries, raspberries, and strawberry syrup. The perfect chilled cocktail for spring and summer.

 **Course** cocktail, Drink

 **Prep Time** 15 minutes

 **Cook Time** 10 minutes

 **Total Time** 25 minutes

 **Servings** 4 -6

 **Calories** 260kcal

 **Author** Allison - Celebrating Sweets



★★★★★
5 from 8 votes

Ingredients

Strawberry syrup (allow time to chill):

- 2 cups sliced strawberries
- cup ½ granulated sugar
- cup ½ water

Sangria (allow time to chill):

- 3 cups sliced strawberries
- 1 cup raspberries
- 1 orange halved and sliced
- Juice of 1 orange
- 1/4 cup orange liqueur optional
- 1 bottle rosé or white wine † used a sparkling rosé
- Strawberry syrup to taste, recipe above

Instructions

Strawberry syrup:

1. Place the strawberries, sugar, and water in a saucepan set over medium heat. Simmer for about 10 minutes, stirring occasionally, until slightly thickened and juicy.
2. Set a fine mesh strainer over a bowl and pour the strawberry mixture through the strainer. Use the back of a spoon to press the strawberries against the strainer, extracting as much juice/syrup as possible. Chill the syrup.

Sangria:

1. Combine all ingredients in a pitcher and stir. Chill for several hours to allow the flavors to combine. Serve chilled over ice.