

STILL HUNGRY? the NATIVE KITCHEN

And now a peek at the vibrancy of Native American culinary culture in our region. Take a Native cooking class, dine at a Native restaurant, or shop for the ingredients listed in the featured recipes so you can taste Native cuisine in your own home.

story by **CULLEN CURTISS**

THE FEASTING PLACE

Norma and Hutch Naranjo of The Feasting Place feel “food is much more than just eating,” according to Norma’s mission statement. Food is the way to connect. Keeping family traditions alive is at the heart of The Feasting Place’s hands-on, experiential classes, held in their home on the Ohkay Owingeh Pueblo since 1999, when Norma retired from social work. Norma’s grandmother and mother taught her how to cook, and now, she says, “I teach my guests how to cook a traditional Feast Day meal, about the foods we grow, the horno, the Pueblo dances and cultural experiences, but more than anything, we have a memorable experience. We learn about one another.” Guests from all over the world leave the Naranjo’s home with a belly full from a Feast Day meal and a heart full from having made friends and a deeper connection to New Mexico. Visit thefeastingplace.com.



| Norma and Hutch Naranjo

BLUE CORN MEAL MUFFINS

by Norma Naranjo

Norma and Hutch Naranjo grow their own blue corn and chile, but Norma assures your muffins will be just as good with store-bought corn.

- 1 cup blue corn meal
- 1 cup all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- ¼ cup sugar
- 1 cup buttermilk
- 3 Tablespoons vegetable oil
- 1 egg
- ¼ cup green chile, chopped (optional)
- ¼ cup pine nuts

Mix blue corn meal, all-purpose flour, baking soda, salt. Add sugar, buttermilk and stir. Add vegetable oil and egg and pine nuts. Mix all together. (Stir in the green chile should you want some heat.) Spray muffin pan and pour in mixture ¾ full. Bake at 400 degrees for 18 to 20 minutes.

PUEBLO HARVEST

The past and the future find exquisite nexus at Pueblo Harvest, a restaurant owned and operated by the 19 Pueblos of New Mexico and located inside the Indian Pueblo Cultural Center. Executive Chef Brent Moore says, “Our offerings represent Native foodways from times of pre-European contact through contemporary favorites.” The restaurant sources ingredients from New Mexico Pueblos and through other tribal communities across the country, living up to its motto, “Native-Sourced. Pueblo-Inspired,” with authenticity and reverence. Visit puebloharvestcafe.com.



| Antlers & Maize

RED MESA CUISINE

“When we feed people, we nurture them while honoring our ancestors,” writes Lois Ellen Frank, Ph.D., chef/owner of Red Mesa Cuisine, in her James Beard-award winning book *Foods of the Southwest Indian Nations: Traditional and Contemporary Native American Recipes*. Of Kiowa heritage and classically trained, Lois, with her partnering chef, Walter Whitewater (Diné), approach every class, every catering venture and every conversation with the resounding reverence of this pure intention. “We pass along Native American traditions that live at the intersection of food and culture,” Lois says. She guides her guest students on the history of Native American cuisine—pre-contact, first contact, government issue, to the new Native of today, all while cooking contemporary Native American foods with ancestral ingredients, using ancient techniques. Her classes offer scholarly and gastronomic sustenance nonpareil. You’ll come away feeling wholly connected to the foods you’ve eaten. Visit redmesacuisine.com.

AMAYA RESTAURANT AT HOTEL SANTA FE

While writing *Foods of the Southwest Indian Nations*, Lois consulted scores of Native Americans, including Richard Mermejo of the Picuris Pueblo, who says, “When I met

Lois, it felt like a long-lost bond. The Picuris and the Kiowa tribes crossed paths on the Plains and maybe gathered on cooperative buffalo hunts.” Former Picuris Pueblo governor and elder, Richard represents the tribe’s relationship with Hotel Santa Fe, where they have 51-percent ownership. He turned to Lois when the hotel ventured to broaden the Native American menu for their restaurant Amaya, in order to offer ancestral foods, with a modern twist. Quail and elk entrées mark the beginning (trout soon!), as Lois visits with Amaya’s chefs, Walter Dominguez and Edwin Theodore, and staff to underscore that these are more than recipes—they are working with ancestral knowledge, and with an intention to preserve traditions and culture against obsolescence. For Richard, it’s important to see Native culture at the hotel represented in ways beyond architecture and art. “Food is who we are,” he says. Visit hotelsantafe.com.

| Lois Ellen Frank and Walter Whitewater



MARINATED GRILLED QUAIL WITH RED CHILE HONEY

by Chef Lois Ellen Frank for Amaya Restaurant

Lois says today you can find quail commercially, but for centuries wild game birds were a large part of the Southwest Native diet, and hunted for sustenance only.

6 quail, backbone removed, or partially de-boned, and wing bones cut

Wash each quail under cold running water. Cut the wings of each quail at their joints and set aside. In a medium-size mixing bowl, combine together the ingredients for the marinade. Add the quail, making sure each quail is thoroughly coated. Cover and place in the refrigerator, and let marinate overnight.

For the quail stock, sauté 1 small white onion with the wing bones in 1 Tablespoon of olive oil. Let them caramelize in the pan and then add 2 cups water to deglaze the pan.

For the glaze, in a mixing bowl mix together the honey and red chile powder. Slowly add the stock or water, whisking constantly to make sure there are no lumps. Place in a small saucepan and bring to a boil and boil for 3 minutes, then remove from the heat. Let stand 10 minutes, place the mixture into a blender, and add the honey red-chile mixture and blend for 1 minute. Pour through a fine sieve. Set aside.

Heat a grill or cast-iron grill pan over medium-high heat until hot but not smoking, then place on the marinated quail. Grill for approximately 5 minutes, turn over and grill another 5 minutes, then remove from the heat so that you have a criss-cross on each quail. Brush the glaze onto both sides of each grilled quail. Reserve the remaining glaze for serving. Place the quail topside up in a shallow roasting pan and then place them in the oven at 350 degrees. Cook until done, approximately 10 to 15 minutes depending on the calibration of your oven. Serve each quail on a bed of sautéed greens and the wild rice sauté and serve with the remaining glaze.

Amaya at Hotel Santa Fe, The Hacienda & Spa is located at 1401 Paseo de Peralta in Santa Fe, 505.955.7805, hotelsantafe.com.

Marinade

1 Tablespoon fresh sage, leaves picked from the stems

1 Tablespoon fresh thyme, whole stems and leaves

5 cloves fresh garlic, sliced
½ cup olive oil

Stock (optional)

1 small white onion diced

1 Tablespoon olive oil

2 cups water

Red Chile Honey Glaze

½ cup + 1 Tablespoon honey

½ cup mild New Mexico red chile powder

1 cup water or stock

ANTLERS & MAIZE

by Executive Chef Brent Moore, Pueblo Harvest
Serves 4 to 6

Chef Brent says, “The Antlers and Maize dish honors the landscape and flavors that existed here before the Europeans arrived. Hunting game, foraging items like berries and mushrooms, and growing corn were all central to Pueblo life.”

Braised Elk

3 pounds elk stew meat

¼ ounce fresh sage

¼ cup dried wild mushrooms

¼ cup juniper berries

1 quart vegetable stock

Salt to taste

Salt the elk meat evenly, place in braising pan, add remaining ingredients, and cover tightly with foil.

Braise in 300-degree oven for 5 hours. Strain off liquid, save. Discard sage, mushrooms and juniper. Shred meat, remove any connective tissue that may be left behind.

White Corn Porridge

6 cups water

2 Tablespoons salt

6 bay leaves

3 cups white corn grits

Place water, salt and bay leaves in saucepan, bring to boil. While boiling, whisk in grits, then reduce heat to simmer. Allow to simmer until the grits are cooked and smooth.

Wilted Spinach

6 cups fresh spinach

1 Tablespoon butter

Salt to taste

Clean the spinach thoroughly to remove any grit from the leaves. Heat large pan with butter, add spinach. The leaves touching the base of the pan will wilt very quickly, so stir frequently to ensure even wilting of all leaves. When the spinach has just about wilted, remove pan from heat and strain off any excess liquid. Add salt to taste.

Presentation

Warm elk jus, place porridge in center of plate. Place wilted spinach in four small pyramids around porridge.

Place warm elk on top of porridge, pour jus over elk, garnish with 2 fried sage leaves.

Pueblo Harvest is located at 2401 12th St. NW, inside the IPCC, in Albuquerque, 505.724.3510, puebloharvestcafe.com.