



Recipes From Chef Walter Whitewater



Pinto Bean Spread*

Ingredients:

- 5 cloves garlic (or to taste), finely chopped, roasted or raw
- Two 15.5-ounce cans pinto beans, half the liquid reserved, or 3 cups cooked pinto beans with 3 tablespoons bean juice reserved; additional 1 tablespoon pinto beans reserved for garnish
- 2 to 4 tablespoons freshly squeezed lemon juice (to taste)
- 1 teaspoon kosher or sea salt
- Black pepper to taste
- 1 teaspoon mild red chile powder (optional)

Directions:

In a food processor, puree the garlic with the pinto beans until it is a fine puree. Add the lemon juice, salt, and freshly ground black pepper and process in the food processor until completely mixed and creamy. Blend until there are no lumps or unblended beans. Use a little of the reserved bean juice to make the mixture creamy and smooth until you reach your desired texture.

Transfer the mixture to a medium serving bowl. Garnish with the reserved beans and top with red chile powder.

Makes about 3 cups

NOTE: One 15.5-ounce can of beans equals 1½ cups of beans.



Savory Tamales With Sweet Potato Topped With Red Chile Sauce*

Ingredients:

For the Tamale Masa

- 2 cups cooked white sweet potatoes (about 2 large potatoes, baked for approximately 1 hour 45 minutes at 350 degrees, peeled)
- 4 cups dry yellow-corn masa harina flour
- 2 teaspoons kosher or sea salt
- 2 teaspoons baking powder
- 2 cups warm water
- ¼ to ½ cup red chile sauce, from pods (See recipe on next page.)

For the Tamale Filling

- 3 tablespoons bean juice (reserved liquid from cooking beans or from canned beans)
- 1 medium onion, chopped
- 2 teaspoons garlic, roasted and finely chopped (approximately 6 to 8 cloves)
- 2 ½ cups cooked black beans, or two 15.5-ounce cans
- 1 teaspoon kosher or sea salt
- 1 tablespoon mild red chile powder (New Mexico red chile powder, if available)
- ½ teaspoon dried chipotle chile powder or chipotle seasoning
- ½ teaspoon Mexican oregano
- 1 cup frozen or fresh corn kernels
- 16 dried cornhusks

Directions:

In a medium-size mixing bowl, using a stand or hand mixer with the paddle attachment, whip the sweet potato to add air into it, and it becomes soft for approximately 45 seconds. Add the dry ingredients and continue to mix with the stand mixer slowly adding the water into the dry mixture until it is completely mixed. Use the low speed. Mix the masa for 3 to 5 minutes, scraping the outside edges downward until it is completely mixed and until the masa is soft and moist. Add the red chile sauce and mix completely into the masa. The masa will turn a nice light red color. Set the masa dough aside.

To prepare the filling, heat a cast-iron skillet over medium-high heat. Add the bean juice, then the onion, and saute the onion until clear for about 3 minutes. Add the garlic and cook for 1 more minute, stirring to prevent it from burning. Add the cooked beans, salt, red chile powder, chipotle chile powder, corn kernels, and 2 tablespoons of water and cook for another 10 minutes on low-to-medium heat, stirring to prevent burning. Remove from heat.

Take half of the cooked bean mixture, place in a food processor, and process until smooth with 1 tablespoon of water. Mix the processed bean mixture with the whole bean mixture and set aside.

Soak the dried cornhusks in hot water until soft for about 2 to 3 minutes. Remove from water and place in a mixing bowl.

Open a cornhusk and spread about 2 tablespoons of prepared masa onto the cornhusk and spread evenly over the center area of the husk. Spoon approximately 1 tablespoon of the cooked bean filling onto the spread-out masa. Roll the tamale from the filling side to the other side. Then fold the half that does not have the masa paste against the tamale, folding it in towards the flap of the roll. After the tamale is folded, tie it with a piece of cornhusk. Repeat the process with the rest of the ingredients until all of the tamales are filled and tied.

Place some of the soaked cornhusks on the bottom of a steamer, add enough water to cover the bottom of the pan, and place the rolled and tied tamales into the steamer. Bring the water to a boil over high heat and steam the tamales for 45 minutes. Remove from heat. Let sit for 3 minutes.

Serve immediately with red chile sauce from pods or your favorite salsa.

NOTE: The bean filling also tastes delicious wrapped inside a corn or flour tortilla as a taco or burrito. Makes approximately 14 larger tamales or 28 smaller ones

Red Chile Sauce - Dried Pods*

Ingredients:

- 12 New Mexico red chile pods, rinsed, dried, roasted, and then stemmed and seeded
- 3 cups boiling water
- 1 medium white onion, diced small
- 1 tablespoon chopped roasted garlic (approximately 10 cloves)
- 2 tablespoons tap water
- 1 teaspoon kosher salt
- 2 cups water, lukewarm
- ½ lemon, squeezed
- Olive oil spray



Directions:

Place the chile pods on a sheet pan and roast the chile pods in a 350-degree oven for 2 minutes. Place the cleaned, roasted chile pods in a bowl with the 2 cups of boiling water and let sit until soft, approximately 10 to 12 minutes. Drain in a colander and discard the water.

In a cast-iron skillet, over medium-to-high heat, heat olive oil-sprayed skillet until hot.

Add the onions and saute for 5 minutes. Then add the garlic and cook 2 additional minutes. Add the 2 tablespoons water and cook until water is absorbed and the onions begin to turn slightly golden, but not browned, for approximately another 3 minutes, stirring to prevent burning. Remove from heat.

Place the chiles, sauteed onions and garlic, and the 1 cup water in a blender. Add the salt, cover, and blend until smooth. Add the remaining water and blend again for approximately 2 more minutes until the mixture is completely smooth.

Serve immediately. This chile sauce may be stored in the refrigerator for 3 to 5 days or frozen in a plastic container for later use.

Makes approximately 4 cups sauce



Hominy Corn Stew*

When eaten alone, posole is a simple, rustic vegetable common throughout many Native communities, and it's made in a variety of ways. The word "posole" is the Spanish word for a hominy stew. Made from dried hominy corn, vegetables, spices, and dried red chile, this dish is usually cooked in large quantities. On the Navajo Nation, Chef Walter Whitewater grew up calling this vegetable "hominy." He likes to eat it as a vegetable side, or add water to it, so it becomes a delicious and nutritious stew. This is one of his new favorite versions of this dish.

Ingredients:

- 8 ounces or ½ pound of dried white hominy corn (which yields approximately 5 cups cooked)
- 8 cups water
- Olive oil spray
- 1 yellow onion, chopped
- 2 teaspoons garlic (approximately 3 large garlic cloves), finely chopped
- 4 tomatoes, diced
- 5 cups fresh baby spinach
- 1 ½ teaspoons kosher or sea salt
- ½ lemon, squeezed

Directions:

Place the hominy corn in a slow cooker with the 8 cups of water.

Bring to a boil over high heat, then reduce the heat to low and simmer, covered, overnight.

The following morning drain the hominy corn, keeping the hominy corn water, and set aside. You should have approximately 1 to 2 cups of water left after draining the hominy corn. White corn tends to puff the most.

In a separate 6-quart pot, heat the pan and spray with the olive oil spray over medium-to-high heat, and saute the onion until clear, approximately 2 to 3 minutes. Add the garlic and saute for another 5 minutes. Add the tomatoes and cook for another 5 minutes. Add the 5 cups of spinach and the cooked hominy corn with the hominy corn liquid. Stir. Bring to a boil, then reduce heat and simmer for approximately 10 minutes until the spinach has wilted. Add the salt and squeeze in the fresh lemon.

Serve hot as a vegetable side or add more water and serve as a main course stew with warm bread.

Serves 6 to 8 as a main course

NOTE: 1 pound or 16 ounces of dried hominy corn will yield approximately 10 cups cooked.

Delicious Carrot Soup*

This vibrantly colored, slightly sweet soup is creamy, delicious, and easy to make. It reminds Chef Walter Whitewater of the wild carrots he used to harvest when he was a small child.

Ingredients:

- Olive oil spray
- 2 pounds organic carrots, peeled and sliced
- 1 medium white onion, diced
- 1 teaspoon garlic, chopped (approximately 2 large cloves of garlic)
- 9 cups water
- 2 large sweet potatoes, peeled and diced
- 2 teaspoons fresh ginger, finely grated (or add more ginger to taste)
- ⅓ cup golden raisins
- 1 teaspoon kosher or sea salt
- 1 tablespoon chopped fresh parsley, or another fresh herb or greens for garnish

For the White Bean Puree Garnish

- One 15.5-ounce can white cannellini beans (white kidney beans)
- 1 teaspoon lime juice
- 1 tablespoon fresh ginger, finely grated
- ½ teaspoon kosher salt

Directions:

Spray the olive oil into the bottom of the soup pot and heat over medium heat. Add the onion and cook for several minutes until the onion is clear. Add the garlic and cook for an additional minute, stirring to prevent burning. Add the carrots, potatoes, ginger, and raisins and cook, stirring occasionally, for 5 to 10 minutes, until the carrots have begun to cook. Stir in the 6 cups of water. Cover and cook on low-to-medium heat, stirring occasionally, until the vegetables are tender (approximately 45 minutes). Put ½ of the cooked mixture into a blender with 1 cup of the water and process until smooth. Add the additional cup of water followed by the remaining soup mixture until you reach the desired consistency. Add the salt. If the blender doesn't puree all of the ingredients to a smooth consistency, run the mixture through a strainer before serving.

For the white bean puree garnish, place all ingredients into a blender and blend for several minutes until smooth. Pass through a strainer, place into a plastic squirt bottle, and paint onto top of soup; or using a spoon, place a dollop of the white bean puree on the top of the soup and swish with a spoon to spread it.

Serve the soup hot, garnished with the white bean garnish and parsley, fresh herbs, or microgreens if desired.

Makes 3 quarts, which serves approximately 12 to 14 people



Hi, my name is Walter Whitewater. I'm Diné/Navajo. I am from Pinon, Arizona.

I am just sharing these recipes because I want my people to be healthy. I'm just sharing a little portion of these healthy foods for all of you. It's all about concern. Food is our Medicine. In the old days, people didn't have disease. People weren't sick back then like they are today, people were healthier. And the elders told us about our diet, about the foods that would change us like the processed foods we see today.

I created these recipes with Chef Lois Ellen Frank, PhD, so that we can help people return to eating Native foods. I wanted to show you some new ideas for easy-to-prepare healthy dishes. These ingredients will help us to be more healthy. They are easy to make, they are inexpensive to create, and they are plant based to keep us healthy.

I hope you will use these recipes and share them with your family and friends. I want all of us to be healthy and well.



Walter Whitewater began cooking professionally in 1992 in Santa Fe, New Mexico. He is a chef at Red Mesa Cuisine, LLC, a Native American catering company in Santa Fe, specializing in Native American cuisine using ancestral foods with a modern twist. Chef Whitewater has appeared on numerous Food Network cooking shows featuring foods of the Southwest and a recently released video (November 2018) on Native American cuisine from a series entitled "In Real Life" by AJ+. <http://redmesacuisine.com/videos-1/>

Chef Whitewater worked on the James Beard Award-winning cookbook *Foods of the Southwest Indian Nations* with Chef Lois Ellen Frank, PhD. He has traveled with Chef Frank, as part of the U.S. State Department and Consulate General's Culinary Diplomacy Program to Ukraine (2013), the United Kingdom (2015), and Russia (2016) where the two chefs promoted indigenous foods of the Americas through the culinary arts.

Chef Whitewater was the first Native American chef to cook at the James Beard House in New York City. He won the James Lewis Award in 2008 from BCA Global for his work as a Native chef.

He is very active in teaching about ancestral Native American foods for health and wellness in Native American communities.

For more information or to contact Chef Whitewater directly:

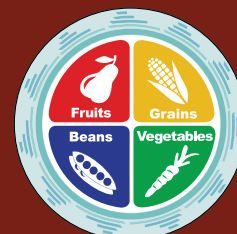
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