

## GIVING THANKS 2012 RECIPES

### Marinated Rabbit

*Conejo en esabeche*

The common rabbit is very abundant in the hills and woods of the Iberian Peninsula. It has been used in home cooking in many different forms since ancient times and features in all the historical culinary documents. The medieval tradition of esabeche- a means of preserving food and oil, wine and vinegar with spices- is an ideal way of preparing rabbit and provides a handy addition to the larder.

### Historic Recipe

Roast the rabbits; cut them along the joints and take a skillet [frying pan] two parts of vinegar, if it were wheat vinegar, and one of water; and if it were strong, equal parts; and put salt to it until it has taste; add the salt in parts, not all at once, or it may become too salty; add oil which is sweet, whatever quantity you think fit, because some like a little, and some like a lot; and boil it all without the rabbits; and put it all afterward together in a pot; and let it go cold; and put it to ginger, and cloves, and saffron; and this marinade will last and great many days.

Ruperto de Nola. *Libro de Guise Dos* 1520

- 4 lb Rabbit
- Salt
- ¾ cup olive oil
- 1 head (bulb) garlic
- 2 bay leaves
- 1 tablespoon finely chopped parsley
- 1 tablespoon black pepper corns
- 4 cloves
- 4 slices orange
- 4 slices lemon
- ¾ cup dried red wine
- 2 ¼ cups water
- 1 pinch saffron strands

Chop up the rabbit, add a little salt, and sauté in the oil. Transfer to a casserole together with the cooking oil and add the rest of the ingredients. Cover and cook slowly for approximately for 1 and ½ hours, or until the meat is tender. Cool and allow to stand for 48 hours in the refrigerator. Bring to room temp before eating.

### Beef with Green Olives

*Ternera con olivas verdes*

Serves 4-6

The inhabitants of modern-day Aragon have forgotten neither their traditional dishes nor the varied menus of the yesteryear. Large portions of good food are available at low prices. There has always been a great spirit of service, generosity and altruism in the region and these qualities are clearly reflected in the local cooking. The cuisine is highly dependent on seasonal produce, as shown by this recipe, which takes advantage of the wonderful olives which grow in great abundance in the region and are also turned into excellent oil. This dish is typically served at banquets and festive meals.

- 1/3 cup olive oil
- 1 ½ lb beef, cut into small, thin steaks
- 1 small onion, finely chopped
- 1 green bell pepper (capsicum), chopped
- 2 Tablespoons all-purpose (plain) flour
- 2 ¼ cups water
- ¾ cup rancio wine or any dry red wine
- Salt
- 6 ½ oz green olives, pitted

Heat the oil in a skillet (frying pan) and sauté the steaks. Transfer to a heatproof casserole. Fry the onion and bell pepper in the same oil until golden. Add the flour, stir, then add to the casserole with the meat. Add the water, wine and a little salt and cook over low heat for 1 hour. Add the olives and cook for another 30 minutes. Serve in the casserole. From: Rios, Alicia and Lourdes March. *The Heritage of Spanish Cooking*. Random House, New York. 1992, Page 186

### Chicken in Almond Sauce

*Gallina en pepitoria* Serves 4

This is an ancient dish of Castilian origin and was described in the Hispanic-Arab culinary documents of Al-Andalus back in the thirteenth century and later by Diego Granado (1599), Martínez Montañón (1611) and Juan de Altamiras (1745). It is not known which version is the most authentic, but all are similar. The dish used to be served with chopped

chicken livers and quartered hardcooked (hardboiled) eggs and was surrounded by triangular croutons. In *Arte de Cosina, Pastelería, Viscochería y Conservería*(1611), Martínez Montañó advises serving the dish like this, although his recipe also reflects the medieval taste for vinegar and spices, which he claims should be pepper, cloves almonds, ginger and saffron. This heavy seasoning is, however, no longer added.

### Ingredients

- 1/3 cup olive oil
- 1 thick slice bread, crusts removed (1 ounce)
- 10 almonds
- 2 cloves garlic, peeled
- 1 chicken, approximately 3 lbs, quartered
- 1 medium onion, finely chopped
- 2 ¾ cups water
- 1 teaspoon lemon juice
- Salt
- 1 pinch ground cinnamon
- 1 pinch ground cloves
- 1 pinch saffron
- 1 pinch cumin seeds
- 2 egg yolks, hard cooked (hardboiled)

Heat the oil in a heatproof casserole and fry the bread, almonds, and garlic. Remove and set aside. Sauté the pieces of chicken in the same oil, then remove and set aside. Fry the onion in the same oil until soft, then put the chicken back in, cover with water and add the lemon juice, salt, cinnamon and cloves. Cover and cook over low heat 45-60 minutes, depending on how tender the chicken is.

Meanwhile, crush the saffron, cumin seeds, fried bread, garlic and almonds in a mortar. Add the hard cooked egg yolks and dilute with a little of the cooking water. When the chicken is almost cooked, check the seasoning and add the mixture from the mortar. Do not allow to boil vigorously, as the sauce might separate. It should be quite thick.

From: Rios, Alicia and Lourdes March. *The Heritage of Spanish Cooking*. Random House, New York. 1992, page 195

### Three Sisters Soup

Prep time: 15 minutes

Cook time: about 1 hour

### Ingredients

- 2 quarts water
- 1 cooked turkey thigh OR 2 cooked turkey wings (smoked turkey tastes best) OR 1 ½ cups cooked turkey meat
- 2 cups prepared corn
- 2 cups prepared and rinsed kidney beans
- 1 cup cubed pumpkin/squash
- 1 medium onion, chopped
- Several fresh chopped sage leaves or 2 tsp dried/rubbed sage
- 2 teaspoons salt (or more to taste)

### Directions

1. Put the 2 quarts of water and turkey into a large pot and bring it to a boil. Boil for about 15 minutes.
2. To the same pot, add the corn, beans, and pumpkin/squash. Lower heat to medium-high and allow them to continue to gently boil for another 15 minutes. Add a little more water if necessary.
3. Add the onion, sage, and salt. Lower to medium heat and allow to cook for a further 30 minutes.
4. If you used meat still on the bone, remove turkey from the soup and place on a plate. Remove the meat from the bones and tear or cut into small pieces. Be careful, it's hot! Discard the bones and return the meat to the soup.
5. Serve and enjoy!

### Tips:

It's a good way to use your Thanksgiving leftovers. Don't worry about exact measurements. This recipe is very forgiving. Our recipe is very basic. It is very versatile and can easily be changed to fit your taste! This is a perfect recipe for the crock pot. Just put everything in at once and let it cook for a few hours on "low." Any kind of bean works well: lima, pinto...or even a mix! Add a few Tablespoons of mashed potatoes as a thickener.

## Nixtamalized Corn

Process of softening corn kernels by cooking them in water with an added alkaline element, so that they can be ground more easily. The process also makes the protein and niacin in the corn more available and reduces toxins found in moldy corn. On the site, we use wood ash as the alkaline element. Modern cooks use pickling lime (food-grade calcium hydroxide). Whole corn that has been nixtamalized is called hominy or posole, while the ground form is called masa.

2 cups whole grain corn; water 1/2 cup wood ash

1. Soak the corn in water for 12 to 24 hours.
2. Strain and transfer the soaked corn to a large pot.
3. Add about 8 cups/2 liters of water to the pot; add fine wood ash (only from real wood, no particleboard/plywood/glued-together products or pressure-treated lumber).
4. Bring mixture to a boil for about 3 hours, stirring periodically.
5. To test for doneness, rub a kernel of corn between your fingers to see if the skin is loose.
6. Rinse the corn, kneading and rubbing it to loosen and remove skins. Rinse until the water is clear. Mission San Luis Recipe

## Wild Asparagus Scramble

*Esparragos esparragados*

Serves 4

In certain parts of Spain the search for green asparagus is regarded almost as a sport, requiring sharp observation and a somewhat reckless spirit, as finding it is no easy task. But in Granada the wild plant has become successfully acclimatized and grows on a huge scale on the plains. This nutritious and very beautiful vegetable appeared in the sepulchral paintings of ancient Egypt, while the Greeks valued its diuretic and painkilling qualities. It has featured in Spanish recipes throughout the ages. The fourteenth-century Catalan book *Libre de Sent Sovi* includes a recipe which is definitely a predecessor of the current version of *esparragos esparragados*. *Libro del Arte de Cocina* (1599) by Diego Granado and *Nuevo Arte de Cocina* by Juan de Altamiras both mention wild asparagus and suggest different ways of preparing it.

For this recipe, the best asparagus is the dark green, sharp-tasting variety which grows in mountainous areas. There is also a sweeter light green variety called *trigueros*.

## Historic Recipe

If you want to prepare dressed asparagus, this is how it is done. Take the tender part of the asparagus spears and cook them well. When they are cooked, remove them from the water and chop them up very small, then fry them in a casserole with a lot of oil. Chop up a small, scalded onion and fry it. When it is fried, put to it a little syrup or honey.

Make the sauce like this. Take some toasted bread, soaked in vinegar and good spices, and wet it with a little water or broth [stock]. When the asparagus are fried, put the sauce to them as it says above and cook everything together, stirring all the time with the spoon until you take it off the heat.

Anonymous, *Libre de Sent Sovi*, fourteenth century

## Cacina (Black Drink)

*Cacina*, also referred to as black drink, was made from brewing leaves from the yaupon holly. The leaves were roasted in a flat-bottomed bowl called a *cazuela*. They were then put in a round jar, or *olla*, and placed with water by the fire to slowly brew. Once the dark and frothy 'tea' was ready to store, it was poured into a larger jar called a *tinaja*. The *tinaja* was similar in shape and function to the Spanish olive jar. *Cacina* was made exclusively in the council house and was served as a beverage for daily consumption and for special Apalachee ceremonies [note: there is some evidence that *cacina* became a social beverage later during the mission period]. Shell dippers were used to serve *cacina*, and the visitor center exhibit has a beautiful engraved shell dipper replica on display. [From information provided in the audio tour for the Visitor Center exhibit]

Air dry the yaupon holly leaves on the stem. When dry, strip the leaves. Your first step is to roast them in your oven or over an open fire. In the oven, place on cookie sheets at a temperature of 300 degrees F for at least one hour. Over an open fire, you can place them in a heavy clay or iron pot. You will have to test this based on how hot the fire is and humidity in the leaves and air. If clay, do not place directly over flame; set over hot coals to the side of the fire. When the leaves are roasted, they will give out a smell not unlike tea leaves. After roasting, take the leaves and crush them into smaller pieces, either with a mortar and pestle or use your fingers. To your con container add hot water to steep the infusion. The longer the tea steeps, the stronger the flavor.

Mission San Luis Recipe

## Marinated Sardines

*Escabeche de Sardenias*

Although inexpensive, sardines are very highly esteemed in Spain. In olden times they were known as sea beef, casting doubt over whether they could be included on abstinence menus. At the beginning of the 17<sup>th</sup> century the duke of medina Sidonia gave the King Philip IV 1400 barrels of pickled fish, among other foods, at the Coto de Ocana. Juan de Altamiras's 18th-century recipe uses the age old escabeche pickling technique. This is an Arabic term for the long term preservations of foods, meats and fish, which involves first frying the food, then marinating it in oil, vinegar, spices and herbs. The technique was described in the first century by Apicius in *De Re Coquinaria*. This is, therefore, one of the most authentic ancient recipes.

### Original Recipe

Fry the fish without flour, and make the marinade in the following way: take bay leaves, crush clove of garlic, strung vinegar, thyme, fennel, oregano, some small pieces of orange; boil all these things together, and add it to the cold fish, and if there is not enough salt, add it in the correct proportion.

Juan de Altamiras, *Neuvo Arte de Cocina*, 1745

### Ingredients

- 2 lb sardines
- 6 cloves garlic, peeled and finely chopped,
- 2 bay leaves
- Salt
- Freshly ground pepper
- 1 cup olive oil
- 1 cup vinegar

Clean and gut the sardines, removing the heads and scales. Place in layers in a heatproof casserole, with the garlic and bay leaves in between. Season with salt and pepper, then pour in the oil, making sure it is well absorbed. Add enough vinegar to cover the sardines, then cover and cook over low heat for 30 minutes. Allow to cool before serving. The flavor improves if the dish is prepared 24 to 48 hours in advance.

## Spinach with Raisins and Pine Nuts

*Espinacas con pasas y pinones*

Serves 4

This delicious dish is made with the first young spinach of the season and is a good example of the creative and imaginative talents of the Catalan people when combining tastes, textures and colors. It may be included among a variety of appetizers, be served as a first course or even be used as a filling for turnover or coca pies.

- 1 cups (8 fl oz/250 ml) water
- 2 lbs (1 kg) spinach (English spinach), washed and chopped
- Salt
- 3 Tablespoons (1 ½ fl oz/45 ml) olive oil
- 3 ½ oz (100 g) cured ham, diced small
- 3 tablespoons pine nuts
- 3 tablespoons seedless raisins, soaked in warm water
- Freshly ground pepper

Heat the water in a heatproof casserole. When it comes to a boil, add the spinach and a little salt. Cook over high heat for 10 minutes. Drain. Heat the oil in a skillet (frying pan), add the diced ham, stir briskly, and then add the pine nuts, stirring constantly. Drain the raisins and add to the pan. Add the cooked spinach and mix everything thoroughly. Check the seasoning, and add a little pepper if desired. Serve.

From "The Heritage of Spanish Cooking," Text by Alicia Rios and Recipes from Lourdes March. Copyright 1992 by Weldon Russell Pty Ltd. Page 127

**"First we eat, then we do everything else." M.F.K. Fisher (1908-1992)**

Giving Thanks: A Celebration of Traditional Food at Mission San Luis  
All cultures are grateful for a good harvest, and the Apalachee and Spanish residents of Mission San Luis were no exception. Learn how people and foods from the New and Old Worlds came together to create a unique cuisine. We hope you enjoyed your visit, and, please come back again!