



Bernalillo County Cooperative Extension Service

Email: [csdavies@nmsu.edu](mailto:csdavies@nmsu.edu)



BERNALILLO COUNTY EXTENSION SERVICE

# Native New Mexican Holiday Foods



CINDY S. DAVIES, EXTENSION HOME ECONOMIST

1500 MENAUL NW

ALBUQUERQUE, NM 87107

505-243-1386



# SOPAPILLAS

(stuffed bread)

## INGREDIENTS:

- 3 CUPS ALL PURPOSE FLOUR
- 2 TEASPOONS BAKING POWDER
- 1 TEASPOON SALT
- 1/4 CUP SHORTENING
- 1 1/2 CUPS WARM WATER
- ADDITIONAL SHORTENING, FOR FRYING

IN A MEDIUM SIZE BOWL, COMBINE FLOUR, BAKING POWDER, AND SALT. CUT IN 1/4 CUP SHORTENING. MAKE A WELL IN CENTER OF DRY INGREDIENTS. ADD WATER TO INGREDIENTS AND WORK INTO A DOUGH. KNEAD DOUGH UNTIL SMOOTH, COVER AND LET STAND 20 MINUTES. IN A HEAVY PAN OVER MEDIUM-HIGH HEAT, MELT 2 INCHES OF ADDITIONAL SHORTENING. ROLL DOUGH TO 1/8-INCH THICKNESS ON A LIGHTLY FLOURED BOARD. CUT DOUGH IN 4-INCH SQUARES AND FRY UNTIL GOLDEN ON BOTH SIDES, TURNING ONCE. (IF SHORTENING IS SUFFICIENTLY HOT, THE SOPAPILLAS WILL PUFF AND BECOME HOLLOW SHORTLY AFTER BEING PLACED IN THE SHORTENING.)

DRAIN SOPAPILLAS ON PAPER TOWELS. SERVE WITH HONEY OR SPRINKLE WITH POWDERED SUGAR AND CINNAMON, IF DESIRED.

MAKES 4 DOZEN MEDIUM SOPAPILLAS.



# FLAN

## INGREDIENTS:

- 1 ¾ CUP SUGAR
- 8 EGGS
- 2 CANS OF EVAPORATED SKIM MILK

MELT 1 CUP SUGAR IN A PAN UNTIL MELTED AND CARAMELIZED.

POUR MELTED SUGAR INTO A GLASS BAKING DISH (11X7)

MIX THE ¾ CUP SUGAR, EGGS AND MILK VERY THOROUGHLY AND POUR OVER CARAMELIZED SUGAR.

SET PAN INSIDE JELLY ROLL PAN WITH ½ INCH WATER AND BAKE FOR 1 HOUR AT 375 DEGREES.



# HOMEMADE SALSA

## INGREDIENTS:

- 11 OZ CAN OF PICKLED JALAPENOS (OR 8 SEEDED FRESH JALAPENOS AND 3T. VINEGAR)
- 3 CUPS TOMATOES (CANNED OR FRESH)
- 1 MEDIUM ONION
- 3 CLOVES OF GARLIC, GRATED OR MINCED
- 1 BUNCH FRESH CILANTRO
- SALT AND PEPPER TO TASTE
- THE JUICE OF ONE LEMON OR LIME

PUT ALL VEGETABLES IN FOOD PROCESSOR AND PULSE UNTIL EVERYTHING IS BLENDED WELL, BUT NOT PUREED.

ADD SALT, PEPPER AND JUICE (AND VINEGAR IF USING FRESH JALAPENOS) AND STIR OR BLEND TOGETHER.

SALSA WILL LAST ONE WEEK STORED IN THE REFRIGERATOR.

# TORTILLAS DE HARINA

(white flour tortillas)

## INGREDIENTS:

- 4 CUPS WHITE FLOUR (OR 2 CUPS WHOLE WHEAT + 2 CUPS WHITE FLOUR)
- 1/4 CUP SHORTENING OR CANOLA OIL
- 1 TEASPOON SALT
- 2 TEASPOONS BAKING POWDER
- 1 1/2 CUPS WARM WATER

IN A MEDIUM SIZE BOWL, COMBINE FLOUR, SALT, AND BAKING POWDER. CUT IN SHORTENING OR POUR IN OIL. MAKE A WELL IN THE CENTER OF DRY INGREDIENTS, ADD WATER A SMALL AMOUNT AT A TIME AND WORK MIXTURE INTO A DOUGH. KNEAD DOUGH UNTIL SMOOTH, COVER AND LET STAND 10 TO 15 MINUTES. FORM DOUGH IN BALLS THE SIZE OF AN EGG. ROLL EACH BALL OF DOUGH IN A CIRCLE 6-INCHES IN DIAMETER. HEAT A GRIDDLE OR SKILLET ON MEDIUM-HIGH HEAT. PLACE EACH TORTILLA ON GRIDDLE AND COOK ABOUT 1 MINUTE ON EACH SIDE. TORTILLA SHOULD BE LIGHTLY SPECKLED.

MAKES APPROXIMATELY 1 DOZEN TORTILLAS.



# TRADITIONAL TAMALES

## 1) MEAT FILLING:

- 4 LBS. MEAT — CHICKEN, BEEF, OR PORK — COOKED TO TENDER, DE-BONED, AND FAT REMOVED. SHRED COOLED MEAT IN SMALL PIECES.
- 2 TO 5 GARLIC CLOVES, YOUR PREFERENCE (COOK WITH MEAT, THEN DISCARD)
- 1 TABLESPOON SALT
- 1 TEASPOON DRIED, CRUSHED OREGANO (OPTIONAL)
- 10 TO 12 CUPS PREPARED RED CHILE SAUCE (OFTEN USED WITH PORK OR BEEF)

OR

- 3 TO 5 CUPS ROASTED, PEELED, AND CHOPPED GREEN CHILE (OFTEN USED WITH CHICKEN)

MIX TOGETHER CHILE AND MEAT. THIS SHOULD BE A WET MIXTURE — ADD SOME MEAT BROTH IF IT IS TOO DRY. SET ASIDE.

## 2) MASA:

- 5 LBS. PREPARED MASA OR TAMALES MASA MIX
- 2 1/2 TABLESPOONS BAKING POWDER
- 2 TABLESPOONS SALT
- 1 CUP CANOLA OR OLIVE OIL
- ADDITIONAL CHICKEN OR BEEF BROTH (IF MORE MOISTURE IS NEEDED)



# NEW MEXICO GREEN CHILE STEW

## INGREDIENTS:

- 2 CUPS CHOPPED GREEN CHILI, ROASTED, PEELED, SEEDED FRESH CHILI OR FROZEN OR CANNED
- 2 POUNDS COOKED CUBED PORK (OR BEEF)
- 1/4 CUP ALL-PURPOSE FLOUR
- 2 TABLESPOONS OIL
- 2 LARGE ONIONS, FINELY CHOPPED
- 2 (14-1/2-OZ.) CANNED DICED TOMATOES
- 1/2 TEASPOON GARLIC POWDER
- 2 TEASPOONS SALT

COARSELY CHOP CHILI. BROWN MEAT AND PUT INTO A 3-QUART POT. SAUTÉ ONIONS IN OIL THEN ADD FOUR AND BROWN LIGHTLY. ADD CHILI, ONIONS AND REMAINING INGREDIENTS TO MEAT AND MIX THOROUGHLY.

COVER AND SIMMER 1 HOUR OR UNTIL MEAT IS TENDER AND MIXTURE IS SLIGHTLY THICKENED.



# PASTELITOS

(small fruit pastries)

## INGREDIENTS:

- 1/2 LB. DRIED APRICOTS
- 1 1/2 CUPS WATER
- 3/4 CUP SUGAR
- 2 CUPS ALL-PURPOSE FLOUR
- 1/2 TEASPOON BAKING POWDER
- 3/4 TEASPOON SALT
- 2/3 CUP SHORTENING
- 4 TO 6 TABLESPOONS ICE-COLD WATER
- 1 1/2 TEASPOONS SUGAR
- 1/2 TEASPOON GROUND CINNAMON

IN A MEDIUM SAUCEPAN, COMBINE APRICOTS AND 1 1/2 CUPS SUGAR; COOK UNTIL SOFT AND ALMOST MUSHY. DRAIN. PROCESS IN A BLENDER TO A PUREE. STIR IN 3/4 CUP SUGAR AND COOK AGAIN OVER MEDIUM HEAT UNTIL THICK. SET ASIDE.

IN A MEDIUM BOWL, COMBINE FLOUR, BAKING POWDER AND SALT. CUT IN SHORTENING. MAKE A WELL IN CENTER OF DRY INGREDIENTS. ADD COLD WATER, A SMALL AMOUNT AT A TIME, AND WORK MIXTURE INTO A DOUGH. DIVIDE IN HALF; ROLL EACH HALF TO FIT A 9X11-INCH JELLY-ROLL PAN. PLACE HALF OF PASTRY IN JELLY ROLL PAN; SPREAD WITH APRICOT MIXTURE THEN COVER WITH REMAINING HALF. PRESS EDGES OF PASTRY TO SEAL. SPRINKLE WITH SUGAR AND CINNAMON. PRICK PASTRY SEVERAL TIMES WITH A FORK.

BAKE IN A PREHEATED 400°F. OVEN FOR 30 MINUTES. COOL AND CUT PASTELITOS INTO SMALL SQUARES. MAKES 20 PASTELITOS.

# TAMALES

(continued)

## 3) CORN HUSKS:

1 LB. HOJAS (DRIED CORN HUSKS)

SOAK HUSKS IN HOT TAP WATER AND REMOVE ANY CORN SILK OR OTHER MATTER.

## 4) ASSEMBLY:

TAKE LARGE CORN HUSK AND SPREAD 2 TO 3 TABLESPOONS MASA ON THE HUSK. TOP WITH GENEROUS TABLESPOON OF MEAT AND CHILE MIXTURE.

FOLD SIDES OF HUSK TOWARD CENTER, BOTTOM OF HUSK UP. COOK TAMALES IN PRESSURE COOKER FOR 15 MINUTES—OR—TAMALE STEAMER OR ROASTER FOR 60 MINUTES.

MAKES ABOUT 8 DOZEN SMALL TO MEDIUM TAMALES.

## OTHER FILLING OPTIONS:

- ADD A SMALL AMOUNT OF CHEDDAR CHEESE ON TOP OF MEAT BEFORE FOLDING TAMALES
- BLACK BEANS, CORN, ZUCCHINI, AND GREEN CHILE
- STRIP OF POTATO, PEPPERS, AND ONIONS
- SWEET FILLING OF DRIED RAISINS (OR OTHER DRIED FRUIT), NUT MEATS, BROWN SUGAR, AND CINNAMON

## MAKING RED CHILE SAUCE OUT OF DRIED CHILE PODS:

1 16-OUNCE BAG OF DRIED RED CHILE PODS WILL MAKE ABOUT 12 TO 15 CUPS OF SAUCE. RINSE CHILE PODS IN COLD WATER. REMOVE STEMS AND SEEDS. IN A LARGE PAN, ADD WATER TO COVER CHILE PODS AND SIMMER 10 MINUTES. PUT PODS AND 2 CLOVES GARLIC IN BLENDER; PUREE, THEN ADD SALT TO TASTE.



# POSOLE

(hominy stew)

## INGREDIENTS:

- 1 LB. PREPARED POSOLE CORN, THOROUGHLY RINSED
- 10 CUPS WATER
- 1 LB. PORK OR BEEF ROAST
- 5 CUPS WATER
- 2 TABLESPOONS SALT
- 1 MEDIUM ONION, CHOPPED
- 2 CLOVES GARLIC, MINCED
- 1/4 TEASPOON DRIED OREGANO
- 1 TEASPOON GROUND CUMIN
- 3 TO 6 RED CHILE PODS, RINSED AND CRUMBLED —  
OR—2 CUPS RED OR GREEN CHILE SAUCE

IN A LARGE PAN, COMBINE POSOLE AND 10 CUPS WATER. BRING TO A BOIL OVER HIGH HEAT. REDUCE HEAT TO LOW AND SIMMER 3 HOURS. AFTER 2 HOURS OF SIMMERING TIME, BROWN MEAT IN A LARGE, HEAVY SKILLET OVER MEDIUM HEAT. ADD MEAT TO POSOLE ALONG WITH 5 CUPS OF WATER. COOK OVER LOW HEAT UNTIL MEAT IS TENDER. REMOVE MEAT AND COOL SLIGHTLY, THEN SHRED AND RETURN TO POSOLE. ADD REMAINING INGREDIENTS TO POSOLE AND SIMMER 1 TO 2 HOURS MORE, OR UNTIL POSOLE “POPS”. MAKES 8 TO 12 SERVINGS.



# BISCOCHITOS

## INGREDIENTS;

- 1 LB. LARD **OR** SHORTENING **OR** BUTTER
- 1 1/4 CUPS WHITE SUGAR
- 2 TEASPOONS ANISE SEED OR EXTRACT
- 2 EGGS, BEATEN
- 6 CUPS ALL-PURPOSE FLOUR, SIFTED
- 1 TABLESPOON BAKING POWDER
- 1/2 TEASPOON SALT
- 1/4 CUP BRANDY, ORANGE JUICE, OR WATER

PREHEAT OVEN TO 350°F. IN A LARGE BOWL, CREAM FAT AND SUGAR THEN ADD ANISE. ADD EGGS AND BEAT WELL. IN ANOTHER LARGE BOWL, COMBINE FLOUR, BAKING POWDER, AND SALT. ALTERNATELY ADD FLOUR AND LIQUID TO CREAMED MIXTURE UNTIL A STIFF DOUGH IS FORMED. KNEAD DOUGH SLIGHTLY AND PAT OR ROLL TO 1/4-INCH THICKNESS. CUT TO DESIRED SHAPES. IN A SMALL BOWL, COMBINE 1/2 CUP SUGAR AND 2 TABLESPOONS CINNAMON FOR DUSTING ON COOKIES.

BAKE FOR 10 TO 12 MINUTES OR UNTIL COOKIES ARE LIGHTLY BROWNED. MAKES 5 DOZEN BISCOCHITOS.



# CHOCOLATE NUEVO MEXICANO

(New Mexican chocolate)

## INGREDIENTS;

- 1/2 CUP SUGAR
- 2 TABLESPOONS ALL PURPOSE FLOUR
- 1/4 CUP COCOA POWDER
- 1 1/2 CUPS WATER
- 1/4 TEASPOON SALT
- 1 TEASPOON GROUND CINNAMON
- 3/4 TEASPOON GROUND CLOVES
- 6 CUPS MILK
- 1 TABLESPOON VANILA EXTRACT

IN A LARGE SAUCEPAN, COMBINE SUGAR, FLOUR, COCOA, WATER, SALT, AND SPICES. COOK OVER MEDIUM-HIGH HEAT 4 MINUTES, STIRRING OCCASIONALLY. ADD MILK TO MIXTURE AND SCALD, BUT DO NOT BOIL. REMOVE FROM HEAT AND STIR IN VANILLA. MAKES 12 SERVINGS.



# EMPANADITAS FRITAS

(fried meat or fruit turnovers)

## INGREDIENTS:

- 1 TEASPOON ACTIVE DRY YEAST
- 1 1/2 CUPS WARM WATER (105° TO 115° F)
- 4 CUPS ALL-PURPOSE FLOUR
- 1 TEASPOON SALT
- 1/4 CUP SHORTENING
- SHORTENING, FOR FRYING
- POWDERED SUGAR, FOR DUSTING (OPTIONAL)

IN A SMALL BOWL, DISSOLVE YEAST IN WARM WATER. IN A LARGE BOWL, COMBINE FLOUR AND SLAT AND CUT IN 1/4 CUP SHORTENING. MAKE A WELL IN CENTER OF DRY INGREDIENTS. ADD LIQUID TO DRY INGREDIENTS AND WORK INTO DOUGH. KNEAD DOUGH UNTIL SMOOTH AND SATINY. ON A LIGHTLY FLOURED BOARD, ROLL DOUGH TO 1/4-INCH THICKNESS. CUT PASTRY INTO 3-INCH CIRCLES. PLACE A SPOONFUL OF FILLING OFF-CENTER ON EACH PASTRY CIRCLE. FOLD PASTRY IN HALF OVER FILLING; PINCH EDGES TOGETHER TO SEAL.

IN A HEAVY PAN OVER MEDIUM-HIGH HEAT, MELT 2 INCHES OF SHORTENING. FRY EMPANADITAS UNTIL GOLDEN ON BOTH SIDES, TURNING ONCE. DRAIN ON PAPER TOWELS. SPRINKLE WITH POWDERED SUGAR, IF DESIRED. MAKES 6 TO 9 DOZEN EMPANADITAS.



# FILLING FOR EMPANADITAS

## FRUIT FILLING:

- 1 LB. DRIED PEACHES OR APRICOTS
- 1 CUP WATER
- 1/4 TEASPOON GROUND CORIANDER
- 2 1/2 CUPS SUGAR
- 1/2 TEASPOON SALT
- 2 TEASPOONS GROUND CINNAMON
- 1 TEASPOON GROUND NUTMEG
- 1 CUP RAISINS

IN A MEDIUM SIZE SAUCEPAN, COMBINE DRIED PEACHES OR APRICOTS AND WATER. COOK OVER MEDIUM HEAT UNTIL FRUIT IS SOFT AND ALMOST MUSHY. DRAIN. IN A BLENDER, PROCESS COOKED FRUIT TO A PUREE. ADD REMAINING INGREDIENTS, EXCEPT RAISINS, AND MIX WELL. STIR IN RAISINS.

## MEAT FILLING:

- 1 1/2 LBS. BEEF, PORK TONGUE
- WATER
- 1 CUP RAISINS
- 1 CUP APPLESAUCE
- 3/4 CUP DARK CORN SYRUP OR LIGHT MOLASSES
- 3 TO 4 TEASPOONS GROUND CLOVES
- 1 TEASPOON GROUND CINNAMON
- 1 TEASPOON SALT
- 2 CUPS NUTS, CHOPPED
- 1/4 CUP SHERRY WINE

IN A MEDIUM SIZE SAUCEPAN, COVER MEAT WITH WATER. COVER AND SIMMER OVER MEDIUM HEAT UNTIL MEAT IS TENDER, ABOUT 1 HOUR. COOL, THEN GRIND MEAT. IN A LARGE BOWL, COMBINE GROUND MEAT AND REMAINING INGREDIENTS; MIX WELL, UNTIL THICK AND MOIST.

# NATILLAS

(soft custard)

## INGREDIENTS:

- 4 EGGS, SEPARATED
- 1/4 CUP ALL-PURPOSE FLOUR
- 4 CUPS MILK
- 3/4 CUP SUGAR
- 1/8 TEASPOON SALT
- 4 TEASPOONS WATER
- 1/4 TEASPOON CREAM OF TARTAR
- GROUND NUTMEG
- GROUND CINNAMON

IN A SMALL BOWL, COMBINE EGG YOLKS, FLOUR AND 1 CUP MILK. STIR TO MAKE A SMOOTH PASTE. IN A MEDIUM SIZE SAUCEPAN, COMBINE REMAINING 3 CUPS MILK, 1/4 CUP SUGAR, AND SALT. SCALD OVER MEDIUM HEAT. ADD EGG MIXTURE, A SMALL AMOUNT AT A TIME, TO SCALDED MILK AND CONTINUE TO COOK OVER MEDIUM HEAT UNTIL A SOFT CUSTARD CONSISTENCY IS REACHED. REMOVE CUSTARD FROM HEAT AND COOL TO ROOM TEMPERATURE. IN A DOUBLE BOILER, COMBINE EGG WHITES, WATER, CREAM OF TARTAR, AND REMAINING 1/2 CUP OF SUGAR. COOK OVER LOW HEAT, BEATING WITH AN ELECTRIC MIXER ON LOW SPEED UNTIL WHITES REACH 160°F. POUR INTO A LARGE BOWL. BEAT ON HIGH SPEED UNTIL WHITES STAND IN SOFT PEAKS. FOLD EGG WHITES INTO CUSTARD AND CHILL. TO SERVE, SPRINKLE WITH NUTMEG AND CINNAMON.

MAKES 6 TO 8 SERVINGS.

