
CHILPOLTES EN ADOBADO

4 ounces chilpotle mora chilies (about 60)
3 ancho chilies -- seeds and veins removed
4 garlic cloves -- coarsely chopped
Leaves of 2 fresh marjoram sprigs or 1/8
1teaspoon dried marjoram
Leaves of 2 fresh thyme sprigs or 1/8
1teaspoon dried thyme
1Pinch cumin seeds -- crushed

1 bay leaf -- torn into small
2tablespoons olive oil
3/4 cup mild vinegar
3/4 cup strong vinegar
1/4 cup tightly packed dark brown sugar
1tablespoon sea salt

1. Rinse the chilpotles and drain. Pierce each one all the way through with a sharp fork or skewer. Place in a pressure cooker with water to cover and cook at low pressure for about 15 minutes; they should be soft but not mushy. (Alternatively, cook the chilies with water to cover in a tightly covered nonreactive medium saucepan over low heat for 30 to 40 minutes.) 2. Drain the chilpotles, remove the stems and wipe off any stray seeds clinging to the outside. Set aside. 3. Meanwhile, in a medium nonreactive saucepan, cover the anchos with hot water and simmer for 5 minutes. Drain and transfer to a blender. Add 1 cup of water plus the garlic, marjoram, thyme, cumin seeds, bay leaf and 4 of the cooked chilpotles and blend until almost smooth. 4. Heat the oil in a shallow nonreactive skillet. Add the blended ingredients and fry over moderately high heat for about 3 minutes, scraping the bottom of the pan to prevent sticking. Add the vinegars, brown sugar, salt and 1/2 cup of water and cook for 5 minutes longer. Then add the remaining chilpotles and cook over moderate heat, scraping the bottom of the pan from time to time to

prevent sticking, until the sauce has reduced and thickened, about 15 minutes. (MAKE AHEAD: The Chilpotles en Adobo can be refrigerated in an airtight container for up to 1 month. Before using, place in a medium saucepan, moisten with a little vinegar and bring to a boil. Let boil for a few minutes.)

Makes about 6 cups CALABACITA

SPANISH STEAK

1/4 c. all-purpose flour
2 teaspoons salt
1/4 teaspoon pepper
2 pounds 1" thick round steak
3 tablespoons melted shortening
1 small garlic clove, chopped
1 c. canned tomatoes
1 1/4 c. sliced onions
2/3 c. diced celery
1 large green pepper, cut in 1/4-inch strips
2 teaspoons Worcestershire sauce
combine flour, salt and pepper. cut steak into 6 pieces and tap about half flour mixture onto steak with sharp edge of knife. heat shortening in pressure cooker, without rack, on a high heat. add meat and cook until well-browned on both sides. remove meat and blend remaining flour mixture with shortening. place rack in cooker. add meat, tomatoes, onions, celery, green pepper, garlic and Worcestershire sauce. cover with pressure cooker lid, leaving pressure control open. when steam escapes, close pressure control and when steam escapes again, adjust heat to cook 20-25 minutes at 15 pounds pressure. remove pressure cooker from heat and cool quickly with cold water. then open pressure control and remove lid. serve immediately.

MEXICAN-STYLE PORK STEW

2 tablespoons oil or more
2 ½ pounds pork shoulder roast cubed
1 cup chopped onion
jalapeno peppers or more ounces
1 lg can tomatoes, chopped, include juice
¼ cup chicken broth or bouillon
1 teaspoon minced garlic
2 teaspoons ground cinnamon
¼ teaspoon ground cloves or more to taste
½ teaspoon dried oregano
salt to taste, opt'l
½ teaspoon freshly ground black pepper
2/3 cup Green olives, pimiento-stuff sliced
½ cup crushed pineapple drained
½ cup prunes ¼" dice

THICKENER

2 tablespoons flour mixed with
2 tablespoons butter at room temperature
CHILI PEPPERS (2 to 8 to taste), seed and cut into thin strips or rings. Canned chilies may be substituted. Do not sauté roasted or cooked peppers. If you use some or all of a 4 oz can, you may want to "brighten the fire" with some cayenne pepper.

6-8 MINUTES UNDER PRESSURE + PRESSURE DROP NATURALLY

Heat 2 tablespoons of oil in the cooker. Over high heat, brown the pork in 3-4 batches, adding more oil as needed. (See tip) Remove the meat and set aside. Tip out all but a surface layer of fat, and sauté the onions and jalapenos until the onions are soft, about 2-3 minutes. Scrape up any browned bits that are sticking to the bottom of the cooker. Add the remaining ingredients (omit thickener) Lock the lid in place and over high heat bring to high pressure. Adjust the heat to maintain high pressure and cook for 6 minutes. Let the pressure drop naturally. Thicken the sauce, if desired, by slowly whisking in bits of the butter-flour mixture while cooking at a

gentle boil for 2-3 additional minutes. Adjust seasonings and serve. **MINIMUM LIQUID** - For cookers requiring a 2-cup liquid minimum to come up to pressure, add an additional ½ cup of stock. When the pork is done, remove with a slotted spoon; then boil the sauce vigorously until it is reduced. Return the pork to the pot and proceed as directed. Recipes are written and tested for 6-quart cookers. Recipe can be cooked in 8-qt cookers; make sure you have enough liquid. Smaller pots: be careful not to exceed the fill capacity recommended for your pot.

HOMINY STEW

1 pound prepared posole corn, rinsed well
1 medium onion, chopped
2 cloves garlic, minced
10 cups water
¼ teaspoon oregano
1 pound pork or beef roast***
1 teaspoon ground cumin
5 cups water, approximately
3-6 dried red Chile pods, rinsed and crumbled****
2 tablespoons salt
Place posole and 10 cups water in large stewing pot. Bring mixture to a boil at high heat. Reduce heat to low and simmer posole for 5 hours. Approximately 1 hour before the completion of the simmering time, brown the pork in a large, heavy skillet on medium heat. Add the pork to the stewing pot with 5 cups of water and continue to cook on low heat until tender. Add the remaining ingredients to posole and simmer for an additional 1-2 hours. Adjust seasonings to suit taste. Posole may be cooked in a pressure cooker for 45 minutes at 15 pounds pressure.** Posole corn is marketed dry or prepared.** Varied amounts may be used.

SPICY CHICKEN CORN CHOWDER

1/4 pound bacon cut into 1-inch pieces
1 large onion diced
3 garlic cloves slivered
2 chicken breasts skin off
1 can crushed tomatoes (16oz)
1/4 cup jalapeno salsa
1 green bell pepper coarsely chopped
2 cups nonfat chicken broth
1 teaspoon salt
1/2 teaspoon crushed red pepper flakes
1/8 teaspoon hot pepper sauce
2 (8-10oz) pkgs frozen corn
1/2 cup chopped cilantro
1 tablespoon sherry
3 tablespoons all-purpose flour
3 tablespoons butter softened
1 cup nonfat half-and-half

In a pressure cooker (sprayed with nonstick cooking spray) over medium high heat, sauté bacon until browned. . Add onion, garlic, and chicken. Sauté 3 minutes. Stir in tomatoes, salsa, bell pepper, broth, salt, pepper flakes and hot pepper sauce. Close lid and bring to high heat. Immediately reduce heat to maintain pressure and cook 6 minutes. Quick Release pressure. Remove lid. Lift chicken out. Remove meat from bone and cut into bite-size pieces. Add chicken pieces, corn, cilantro, and sherry to the pressure cooker. Bring to a simmer without pressure lid and cook 2 minutes. To thicken the soup, combine flour and butter, blending to paste consistency. Add 1 tablespoon at a time, mixing until soup appears creamy, and cook 1 more minute. Gradually stir in half-and-half and mix thoroughly. Serve hot with corn chips. Notes: Variation: Substitute drained low-fat plain yogurt blended with flour for the half-and-half. Omit butter. Or, thicken the soup with instant mashed potato flakes

MEXICAN GREEN

Rice with Corn
20 cilantro sprigs
2 large bell peppers, roasted/seeded, chopped
1 tablespoon safflower or canola oil
2 teaspoons minced garlic
1/2 cup onion, coarsely chopped
1 1/2 cups long grain brown rice
3/4 cup boiling water
2 teaspoons mild chili powder
1 teaspoon salt, or to taste
2 cups corn kernels
1/3 cup pitted green olives, chopped
1/3 cup roasted red bell peppers, diced
1/3 cup fresh coriander, minced
In a blender, combine the water, parsley, coriander and poblano peppers to create a thin puree. Set aside. Heat the oil in the cooker. Cook the garlic over Medium-High heat, stirring frequently, until brown. Immediately add the onion and continue to cook, stirring frequently, for 1 minute. Stir in the rice, reserved green puree(stand back to avoid sputtering oil), boiling water, chili powder, salt and corn. Lock the lid in place, bring to High pressure. Lower the heat just enough to maintain High pressure and cook for 25 minutes. Allow the pressure to come down naturally. Fluff up the rice and stir in olives, red bell pepper and minced coriander



TAMALE PIE

1 pound canned pinto beans
OR 1 cup dried pinto beans

BASE

3 cups water
1 cup cornmeal or polenta
½ teaspoon salt
½ teaspoon chili powder
½ cup grated Cheddar cheese

FILLING

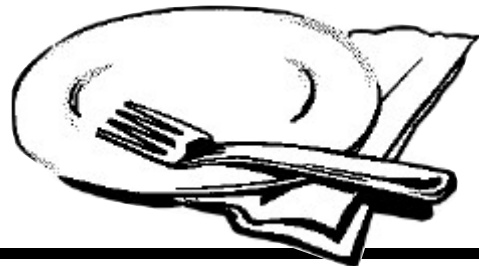
1 medium onion—chopped
2 tablespoons olive oil or vegetable oil
2 cloves garlic—peeled and chopped
1 teaspoon chili powder
1 green bell pepper—chopped
½ cup chopped celery
1 1-pound can tomatoes—roughly chopped
1 cup corn,
1/3 cup pitted, sliced black olives
2 tablespoons chopped fresh parsley
1 cup grated Cheddar cheese

If using dried beans, either soak them overnight in water to cover, or cover with water, bring to a boil, cover and let sit for an hour. Change the water, bring to a boil with 1 teaspoon salt, and simmer till tender but not mushy, about an hour. If you get along with pressure cookers, you can save a lot of time by pressure cooking in 2 cups of water for 35 minutes at 15 pounds pressure. Otherwise, open a can. Bring the initial water to a boil, salt, and add the cornmeal gradually while stirring, to forestall lumping. Cook at a lazy simmer, stirring frequently if not constantly, for 15 minutes. Stir in the chili powder and cheese, remove from the heat and cover until needed.

RELLENA

14 Medium green zucchini*
1 LB Ground beef/pork/veal comb.*
1/2 c Raw Unconverted Rice*
1/2 Medium Red Tomato*
1/8 c Water*
1/2 Small onion*
1 Garlic clove*
2 TB Dried Mint Leaves*
1/2 Ts Salt*
1/2 Ts Black pepper, ground*
2 Garlic Cloves
1 Small onion
4 Medium red tomatoes
2 1/2 Ts Salt
2 TB Dried mint leaves
5 c Water
1 Small hot pepper
1/2 Juice of 1 lemon

Wash zucchini and cut off tips. Using a small sharp knife, scoop out the insides. Combine meat and rice in a large mixing bowl. In a blender, combine 1/2 tomato, water, garlic clove, onion, mint, salt & pepper and blend in a blender until smooth. Mix with the meat and rice mixture. Stuff mixture into the zucchini and place in a pressure cooker. Mix the remaining garlic, onion, tomato, salt, mint, water, pepper, salt & pepper & blend. Add to pressure cooker, along with the dried mint. Cook in pressure cooker on low after pressure rises to maximum allowed pressure and cook for 20 minutes. Allow pressure to release of its own accord. Add the juice of 1/2 lemon and check for salt. Starred <*> ingredients are those used in the stuffing. The rest are for the sauce.



ARROZ CON POLLO

1 cup long grain white rice
1 ½ cups water
1 cup water
1 (3-pound) chicken, cut into serving pieces
Paprika
Salt and pepper
2 tablespoons vegetable or olive oil
2 medium onions, chopped
1 clove garlic, minced
1 bay leaf
½ teaspoon crushed red pepper
¼ teaspoon saffron
1 (13 ½-ounce) can chicken broth
1 tomato, peeled and chopped
1 (10-ounce) package frozen green peas
1 cup sliced green olives
1 (4-ounce) jar pimiento, sliced
Combine rice and 1 ½ cups water in a metal bowl which will fit loosely in a 4- or 6-quart Presto pressure cooker. Place 1 cup water, cooking rack, and bowl in pressure cooker. Close pressure cooker cover securely. Place pressure regulator on vent pipe. Cook for 5 minutes, with pressure regulator rocking slowly. Let pressure drop of its own accord. Remove bowl of rice and allow to steam uncovered while preparing chicken. Remove water from pressure cooker. Sprinkle chicken with paprika, salt, and pepper. Heat oil in pressure cooker. Brown chicken a few pieces at a time; set aside. Sauté onions and garlic until tender. Return all chicken to pressure cooker; add bay leaf, red pepper, saffron, and chicken broth. Close pressure cooker cover securely. Place pressure regulator on vent pipe. Cook for 8 minutes, at 15 pounds pressure, with regulator rocking slowly. Cool pressure cooker at once. Remove chicken and stir in rice, tomato, green peas, sliced olives, and pimiento. Return chicken to pressure

cooker and heat to a simmer, uncovered. Makes 4 to 6 servings.

SPANISH CHICKEN

3 lb. chicken pieces, skinned
2 tablespoons vegetable oil
1 tablespoon butter
2 large onions, sliced
4 cloves garlic, crushed
1 medium green pepper, de-seeded and chopped
4 large tomatoes, peeled and chopped
1 tablespoon Worcestershire sauce
¾ teaspoon dried tarragon leaves
¾ teaspoon pepper
2 teaspoon salt
1 ¾ cups mushrooms, sliced
1 cup + 2 tablespoons water
Group chicken into 3 batches. Heat oil and butter in cooker for about 2 minutes. Brown and remove each batch. Away from heat, sprinkle 2 tablespoons water in cooker. Stir to remove any frying residues attached to base. Return cooker to heat. Add onions, garlic and green pepper. Stir fry for about 4 minutes. Add chicken and remaining ingredients. Stir. Close cooker. Bring to full pressure on high heat. Reduce heat and cook for 6 minutes. Remove cooker from heat. Allow to cool naturally. Open cooker. Place chicken on serving dish. Keep out. Return cooker to high heat and boil till liquid is reduced to half, stirring occasionally. Pour over chicken, serve hot.



SOUTHWESTERN STEW

3 T vegetable oil
3 lbs stew meat
kosher salt and freshly ground pepper
2 C chopped onions
1 T minced garlic
1 C beef broth
1 C dry red wine
1 15 oz can diced tomatoes, drained
1 T tomato paste
2 t chili powder
1 t ground cumin
1/4 to 1/2 t cayenne powder, optional
8 oz tomatillos, husks, removed, quartered
1 lrg green bell pepper, seeded, diced
1/4 C minced cilantro
1 C frozen pearl onions, thawed
1 C frozen corn, thawed
2 T cornstarch
3 T cold water
1/4 C minced parsley
4 green onions, sliced

Heat oil in pressure cooker over high heat. Add half the beef cubes to the hot oil and salt and pepper to taste. Cook, stirring occasionally until browned 5-8 minutes. Remove the beef with a slotted spoon to a bowl. Repeat with the remaining half of beef cubes. After removing the last half of browned beef add onions and garlic to the pressure cooker and sauté 2-3 minutes. Return beef to cooker. Add broth, wine, tomatoes, tomato paste, chili powder, cumin, cayenne, tomatillos, green pepper and cilantro. Place lid on pressure cooker and lock. Bring to high pressure over high heat.. Adjust heat to level needed to maintain pressure, and cook 20 minutes. Remove pressure cooker from heat and use quick release . Remove cover. Add corn and pearl onions to stew, place cooker over high heat. Combine corn starch and water in a small bowl. Stir into the simmering

stew and stir until slightly thickened, about 5-7minutes. Sprinkle with parsley and green onions.

TORTILLA VEGETABLE SOUP

3 corn tortillas, torn into pieces
1 1/2 cups stock or broth
2 medium carrots, bias-cut into 1 1/2" pieces
1 celery ribs, bias-cut into 1 1/2" pieces
2 ears of sweet corn, cut into 4 pieces
1/2 small head green cabbage, cut into 4 pieces
8 oz tomato sauce
1 tsp. chili powder
1 scallion
1 jalapeno or serrano pepper
1/3 cup cilantro leaves
4 lime wedges

Combine the tortillas and stock or broth in the pressure cooker. cover the pressure cooker and bring up to high pressure. Immediately remove from heat and release pressure. Carefully transfer contents to a blender or food processor and puree. Return tortilla puree to the pressure cooker and add carrots, celery, corn, cabbage, tomato sauce, and chili powder. Cover and bring up to high pressure. Reduce heat to stabilize pressure and cook 4 minutes. Release pressure. Mince the scallion, jalapeno pepper, and cilantro together. Sprinkle some over each bowl of soup and serve each with a lime wedge.



CORN TAMALES

3 corn cobs
1 1/2 C. corn flour
1 1/2 tsp. baking powder
Milk
For sweet tamales, add:
2 sticks butter (1/2 cup)
1/2 condensed milk can
1 cinnamon stick

Filling:

Raisins

For salt tamales, add:

2 Crisco sticks

Salt to taste

1/2 C. milk

dinner Filling:

Slices of squash, cheese and fresh chile
(serrano, jalapeno or pasilla)

It is good to get the corn with the leaves so they can be used to pack the tamales.

Remove the leaves and wash them in warm water. Remove the corn from the cob. In a food processor mix all ingredients but the flour, the butter (if making sweet tamales) or Crisco (if making salt tamales) and the filling ingredients. If you need it, you can add some milk. Stir the butter or Crisco until it is soft. Add the mixture from the food processor and the flour. Mix well.

In each leaf (use two if they are too small) put one tablespoon of the mixture and the filling ingredients. Cover with other leaf and fold to avoid the mix leaking out. If you do not have enough leaves, you can use aluminum foil. If using a steamer: Place in steamer (do not let the tamales touch the water) and steam from 45 minutes to 1 hour. Remove cover and let rest in steamer for about 30 minutes if you do not let them rest they will be liquidy, not solid. You can remove tamales by hand after they have finished resting in steamer. If using a conventional pot: Place a rack or steamer basket over water in conventional pot.

Place tamales on rack or in steamer basket. Do not let tamales touch the water. Cover. Steam for 45 minutes to 1 hour. Remove cover and let rest for about 30 minutes. You can remove tamales by hand after they have finished resting in pot. If using a pressure cooker: It takes about 10 minutes (after the vapor starts coming out) of the pressure cooker to cook the tamales. When done, remove cover and let rest for 30 minutes. You can remove tamales by hand after they have finished resting in pressure cooker. The salty tamales are served with sour cream on the top.

TORTILLA SOUP –

1/3 cup oil
2 onions, diced
4 cloves garlic, peeled
1 can (15 oz.) tomatoes, drained
3 quarts chicken broth
Tortilla chips
cilantro, chopped
1 pound grated cheese
lime wedges (optional)

Directions: Heat oil in cooker, then add onions and garlic cloves. Saute until deep golden brown. Remove from cooker and puree with tomatoes in blender or food processor until smooth. Return to cooker and add broth. Heat to boiling. Bring up to high pressure, reduce heat and cook 10 minutes. Release pressure and remove the lid. Add cilantro and salt to taste. Place cheese and tortilla chips in individual soup bowls and pour hot soup on top. Serve with lime wedges, if desired.



CREAMY MEXICAN CHOWDER

¼ LB bacon, cut into 1 inch pieces
¼ cup olive oil
1 large onion, diced
3 large garlic cloves, chopped
2 whole chicken breasts, with bone
1 16oz. can crushed tomatoes
¼ cup jalapeno salsa
1 green bell pepper, coarsely chopped
2 cups chicken broth
1 tsp. salt
½ tsp. crushed red pepper flakes
1/8 tsp. hot pepper sauce
2 10-oz. PKG frozen corn
½ cup chopped cilantro
1 tbsp sherry
3 tbsp flour
3 tbsp butter, softened
1 cup half-n-half or heavy cream
In pressure cooker, over medium-high heat, sauté bacon until crisp. Add oil, onion, garlic and chicken; sauté 3 minutes. Stir in tomatoes, salsa, bell pepper, broth, salt, red pepper flakes, and hot pepper sauce. Close lid and bring to high pressure over high heat. Immediately reduce heat to maintain pressure and cook 6 minutes. Release pressure. Remove lid; lift chicken out. Remove meat from bone and cut into bite size pieces. Add chicken pieces, corn, cilantro and sherry to pressure cooker. Bring to a simmer without pressure lid and cook 2 minutes. To thicken the soup, make a paste from the flour and butter, blending well in a small bowl. Add one tbsp of the flour-butter mixture to the soup at a time, mixing well until soup appears creamy, until all mixture is blended well into the soup and cook 1 minute. Gradually stir in half-n-half or cream and mix thoroughly. Serve hot with cornchips and garnish with choice of shredded cheese, sour cream, fresh. Cilantro, pico de gallo and enjoy.

FRIJOLE CHARROS: COWBOY BEANS

A dish originating in Tamaulipas, this is the classic accompaniment to the grilled beef dishes of northern Mexico. It is an ideal make-ahead dish, especially good with barbeque, improving as the flavors come together. Although the initial cooking of the beans can be done in a pressure cooker, a slow-cooking pot, such as a clay casserole, should be employed once the other ingredients have been added.

2 lbs. pinto beans or frijol de mayo, washed, soaked in water overnight, and drained
2 medium white onions, peeled and chopped
8 large garlic cloves
2 tablespoons vegetable oil or lard
2 sprigs epazote
1/2 lb. bacon, diced (chorizo or vegetarian chorizo may also be used)
4 roma tomatoes, chopped
6 serrano chiles, chopped
salt to taste

Place the beans in a large pot with half the onion, half the garlic, oil and epazote. Add 2 quarts water, bring to a boil, cover and simmer for 1 1/2 hours or until tender (35-45 minutes if done in a pressure cooker.) Add salt to taste. In a large saucepan or clay casserole, cook the diced bacon until some of its fat is rendered, add the remaining onion and garlic, and saute until the onion softens. Add the tomato and chile, and continue cooking until the tomato releases its juice. Add the cooked beans with their liquid and cook over a low flame for 20-30 minutes, stirring from time to time. Taste for salt. Serve in bowls, as an accompaniment to grilled beef or lamb, offering chopped onion as a garnish. Serves 12-15

SOUPE AU PISTOU

1 cup dry white beans
4-5 cups water
1/4 cup EV olive oil
1 onion
1 carrot
2 small white potatoes
1 large leek
1-2 stalks celery, especially the leaves
1-2 small zucchini
1 box Pomi chopped tomatoes
8 cups water
1 tablespoon fine sea salt
1/2 teaspoon freshly ground white pepper
2-3 pinches crumbled saffron
6 garlic cloves
1/2 cup basil
2 tablespoons tomato paste
1/2 cup Parmigiano-Reggiano
6 tablespoons EV olive oil

In pressure cooker, cook beans at medium pressure for 20 minutes. In meantime, in stock pot heat olive oil. Saute the onion several minutes until limp and turning brown. Add remaining vegetables, water, salt, pepper, and saffron. Bring to a boil, reduce to simmer, and gently simmer about 30 minutes. Add the cooked beans and the liquid. Continue to simmer at low heat until vegetables are tender and the flavors are blended, or until your guests arrive; whichever happens first. In meantime, in food processor combine garlic, basil, tomato paste, and cheese and process until finely chopped and pasty. Slowly add the oil with the motor running. When blended, transfer to a small dish and when ready to serve the soup, dollop about 1 tablespoon into each bowl of soup just before serving. I like to add a dollop of creme fraiche also, if available.

MEAT FILLING FOR TACOS

(Carne Especial para Tacos o Tortas)

1/2 C. oil
1 kilo pork shank, cleaned and cut into 1/2 inch cubes
10 small chilacate peppers
5 small tomatoes
2 bay leaves
4 whole peppercorns
1/2 C. vinegar
1 clove garlic
salt
40 tortillas

Place the oil in a pressure cooker and add the meat. Brown the meat for approximately 10 minutes, then add the bay leaf, peppercorns and salt to taste. Cover and cook for 40 minutes. While the meat is cooking, slit open the chilacate peppers and remove the veins and seeds. Place the cleaned peppers in a saucepan, add the tomatoes and water to cover. Bring to a boil and simmer for 10 - 20 minutes, until peppers are tender. Place peppers, tomatoes, vinegar and garlic in a blender and blend until smooth. Add this sauce to the meat and bring to a boil, then simmer for 15 minutes more. Adjust seasonings. Use this as a filling for steamed tacos to take on a picnic or, alternately, as a stuffing for tortas.

