



MESQUITE MEAL *recipes*

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The mission of Native Seeds/SEARCH (Southwestern Endangered Aridland Resources Clearing House) is to conserve, distribute, and document the adapted and diverse varieties of agricultural seeds, their wild relatives and the role these seeds play in cultures of the American Southwest and Northwest Mexico.

Rich in calcium, magnesium, potassium, iron and zinc, mesquite meal is a good food for everyone but especially for diabetics because of its ability to stabilize blood sugar. Naturally sweet, mesquite meal may be used in place of ¼ to ½ the wheat flour in recipes. The sugar content in the recipes also may be reduced.

MESQUITE CORNBREAD

¾ C each cornmeal and flour
½ C mesquite meal
2 tsp baking powder
½ tsp each baking soda and salt
1 C buttermilk or yogurt
1 egg
3 T maple syrup or honey
3 T oil

Combine dry ingredients in medium-sized bowl. Combine the wet ingredients and stir into the dry ingredients just until combined. Spread into greased 8 x 8" pan. Bake 20-25 minutes at 350 degrees. Optional: mix in with dry ingredients— 1 C fresh or frozen corn, ¾ C grated jack cheese, 3 T minced onion, 1 T chipotle flakes.

SOUTHWEST FOCACCIA

1 pkg active dry yeast
1 C warm water
2 tsp sugar
¾ tsp salt
¼ + ¼ C olive oil
1/3 C mesquite meal
2-½ to 3 C unbleached flour
3-4 cloves garlic, minced
1-2 tsp chipotle flakes
¼ C grated Parmesan cheese

Heat ¼ C olive oil in small pan on low heat. Sauté garlic, stirring occasionally until soft and golden, 10-15 minutes. Stir in chipotle flakes and set aside to cool. Combine yeast and water in a large bowl, let stand 5 minutes. Stir in sugar, salt, and ¼ C oil. Add 1 C flour and beat with a wire whisk or spoon 2-3 minutes. Stir in mesquite meal and enough flour to make soft dough. Knead on floured surface 8-10 minutes. Cover and let rest 20 minutes. Punch down and roll out to fit a well-greased 10x15" baking pan. After placing on pan, pierce dough with knife at 1" intervals. Drizzle with garlic-chile mixture, and sprinkle with cheese. Let rise until puffy (10-15 minutes). Bake 15-18 minutes at 400 degrees or until golden brown.

LEMON POPPY SEED SCONES

2 ½ C flour
¾ C mesquite meal
2 T poppy seeds
2 tsp baking powder
1 tsp baking soda
½ tsp salt
1 C lemon yogurt
¼ C maple syrup or honey
¼ C oil

Mix flour through salt in mixing bowl. Stir together yogurt, maple syrup and oil and add to dry ingredients. Stir just until moistened. Knead on floured surface a few seconds to form into a ball. Roll out to ½" thick. Cut into diamonds or squares (about 1 ½ - 2"). Bake 10 minutes at 425 degrees on ungreased sheets.

MESQUITE GRANOLA

3 C rolled oats
½ C each almonds, dry roasted peanuts, coconut, and sunflower seeds
¼ C sesame seeds
1 C mesquite meal
1/3 C oil
2/3 C each honey and peanut butter

Stir together oats through mesquite meal in large pan. Bring oil, honey, and peanut butter to a boil in saucepan. Combine with oat mixture. Spread in 11x17" baking sheet. Bake 40-45 minutes at 300 degrees stirring every 10 minutes. Let cool in pan on wire rack. May store granola 1 month in a covered container.

MESQUITE FLOUR TORTILLAS

1 ½ C unbleached flour
½ C mesquite flour
½ tsp salt
3 T canola oil
½ C warm water

Mix together flour, meal, and salt. Drizzle on oil and stir with fork. Stir in warm water and make into a ball. Knead 2 minutes on floured board. Cover and let rest 20 minutes. Divide into 12 balls. Roll each into 1/8" thick circle. Cook in dry skillet over medium heat. When slightly browned on one side (approximately 1 minute), flip over and cook 10-15 seconds more. Stack in plastic bag immediately and let sit to steam. May store at room temperature 2-3 days. Keep in refrigerator for longer storage.

MESQUITEY DINNER ROLLS

1 C warm water
2 T active dry yeast
2 T sugar
1 C mesquite meal
2 tsp salt
3 ½ - 4 C white flour
¼ C canola oil
2 C milk
3 eggs
2 C whole-wheat flour

Soften yeast in warm water. Mix with sugar, salt, mesquite meal and 2 C white flour. Beat 2 minutes with whisk. Add egg and 1 C whole-wheat flour. Whisk 1 minute. Stir in rest of whole-wheat flour and enough white flour to make stiff dough. Knead 8-10 minutes on floured surface. Cover and let rest 20 minutes. Punch down and divide in half. Shape each half into 12 balls. Place on 2 greased baking sheets. Let rise about 30 minutes. Bake 25-30 minutes at 400 degrees.

CINNAMON ROLLS

2 ½ C unbleached white flour
¾ C whole-wheat flour
¾ C mesquite meal
4 ½ tsp baking powder
½ tsp salt
2 T sugar
1 egg
1 C milk
¾ C butter or margarine

Mix dry ingredients and cut in butter. Stir in milk and egg until dough forms a ball. Knead on floured surface 1 minute. Roll out to rectangle about ¼" thick. Brush with ¼ C melted and slightly cooled butter. Sprinkle with cinnamon/sugar (6T sugar plus 1 T cinnamon). Roll into long cylinder and slice at 1" intervals. Place rolls cut side down on lightly greased baking sheet. Bake 10-12 minutes at 425 degrees.

PUMPKIN CUSTARD *with* MESQUITE PECAN CRUST

Topping:

½ C mesquite meal
1 C chopped pecans
¼ C melted butter

Custard:

1 15-oz can pumpkin purée
1 12-oz can evaporated milk
4 eggs
1 C sugar
2 tsp ground cinnamon
½ tsp ground cloves
½ tsp ground nutmeg
½ tsp salt

In small bowl, combine topping ingredients, mix well and set aside. Preheat oven to 350 degrees. Butter a 9x13" baking dish. In a medium bowl, combine custard ingredients and mix well. Place custard mixture in baking dish and sprinkle with topping. Bake 1 hour.

CARROT-MESQUITE MUFFINS

2 C grated carrots
2 lg eggs
½ C vegetable oil
¼ C molasses and honey mixed
1/3 C sugar
½ tsp vanilla
¼ C rice, soy, or regular milk
1 2/3 C all purpose flour
1/3 C mesquite flour
¼ C oat bran
¼ C granola
1 tsp cinnamon
1 ½ tsp baking powder
½ tsp salt
½ C raisins (optional)
½ C granola for garnish (optional)

Preheat oven to 350 degrees. Oil muffin tins. Mix egg, carrot, oil, milk, sugar, and molasses in a large mixing bowl. In a separate bowl mix flour, mesquite meal, granola, bran, spice, baking powder, and salt. Mix dry ingredients into wet until just mixed. Add raisins and stir in, leaving batter slightly lumpy. Spoon batter into tins, filling about ½ full. Sprinkle with granola and bake for approximately 20-25 minutes or until knife comes out clean.

VEGETABLE POT PIE

4 medium potatoes, cubed
4 medium carrots, sliced
2 T vegetable oil
1 large onion, chopped
11-16 oz firm tofu, drained and cut into ½" cubes
2 rounded T flour
¾ C vegetable broth
4 T light soy sauce
1 C frozen or fresh peas
4-5 green chiles, roasted, peeled and chopped (optional)
1 recipe potpie crust

Place potatoes and carrots in large pot. Add water to just cover veggies. Cover and cook until tender. Meanwhile, sauté onion in oil 3 minutes. Add tofu and brown slightly. Sprinkle with flour. Add broth and soy sauce, stirring well. Add to potatoes and carrots (undrained) simmer stew until slightly thickened. Add peas and chiles. (May refrigerate overnight here.) Pour into 9x13" pan and top with crust. Bake 35-45 minutes at 375 degrees or until bubbly and crust golden.

OIL FREE POT PIE CRUST

1 C warm water
2 tsp honey
1 pkg active dry baking yeast
2/3 C each cornmeal, unbleached white flour, and whole-wheat flour
¼ C mesquite meal
½ tsp salt

Soften yeast in warm water. Stir in honey. Mix cornmeal, flours, mesquite meal and salt together. Gradually stir into yeast mixture. Place dough on floured board and knead lightly 1-2 minutes. Roll out to 9x13" and place on potpie filling. Cut vent holes in crust.