

About the Author. . .

In 1968, KRMA-TV, Denver's educational TV station approached Sam Arnold to write and host a series of 1/2-hour shows in color on early western food and drink. Mr. Arnold's reputation in 19th-century cookery was then already widespread. It had been built by a combination of graduate level study at Denver University, and by the reading and note-taking of more than 1600 journals and diaries of the early western travelers. Moreover, Mr. Arnold had made practical application of many of the recipes in his western restaurant. . . THE FORT . . . located southwest of Denver near Morrison, Colo.

Sam Arnold's interest in early western food and drink began with his own western migration from native Pennsylvania to New Mexico in 1948. Coming to Denver in 1950, he brought with him a newly-learned exposure to both Indian and Spanish-American foods. A Yale-trained writer, Mr. Arnold carried on his own business in the fields of public relations and advertising. Among his clients was The British Motor Corp., makers of Austin, MG, and Jaguar cars. His agency produced all dealer advertising for some 600 British car dealers throughout the US.

In 1962, Mr. Arnold saw a drawing of an early Colorado fur trade fort . . . Bent's Fort on the Arkansas. Liking the castle-like appearance, he brought a crew of New Mexicans to his foothills site to build an exact replica. Some 80,000 mud and straw bricks . . . each weighing 45 lbs. . . were made to construct the spectacular adobe stronghold. Beams were hand-hewn, period furniture made by Spanish-American craftsmen, and firing black powder cannons installed. In addition to a restaurant seating 300, Mr. Arnold's fort boasts a fine collection of western Americana, a territorial library, and a gentle 500-lb. pet black bear named Sissy.

THE FORT has gained national acclaim as one of America's outstanding eating houses. THE FORT's menu features a wide range of hearty early American foods. Recipes for many of the dishes are in this cookbook.

In addition to his interest in western history (he has been a speaker at two of the national conferences of the Western History Assn.; has been cited by the American Assn. for State and Local History; and has authored many articles and books on western history), Sam Arnold has other talents. He is an accomplished photographer, a rail buff, a sports car driver, and likes camping out and long-distance touring (Europe and Canada) on his BMW motorcycle. Folk and classical music are favorites, and he plays well on both mandolin and musical saw.

FRYINGPANS WEST series of cooking shows has now been viewed in 46 states. Distributed by ETS to educational television stations across the nation, FRYINGPANS WEST has added a new dimension to America's understanding of its historic past.

Plans for a new FRYINGPANS WEST TV series are in the works. This will deal with foods found in early American forms of transportation (riverboats, railroads, sailing ships, etc.). Mr. Arnold believes that much of our culinary heritage is being lost by the use of substitute, instant foods. He hopes that by emphasizing America's heritage in the kitchen, easily prepared, heartier, and healthier foods will again begin to nourish us both in the home and in the restaurant.

SAM ARNOLD'S



FRYINGPANS WEST COOKBOOK

FROM THE NATIONAL TV SERIES

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Fryingpans West

by Sam Arnold

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fire until the hair burned off. I built a fire on the courtyard of The Fort, and that evening customers walking by saw me roasting a long, ugly, hairy nose over the fire. The smell was hideous. Later I brushed it clean with a wire brush and soaked it overnight in salt water to remove any burnt hair flavor.

The moose nose was then boiled with a bit of onion, bay leaf, peppercorn and salt. It turned out to be dull in flavor, extremely bland, and somewhat like a pickled pig's foot in consistency. I put it on the menu for \$1.50 per portion, served cold, sliced, and with a piquant sauce. One evening a disbelieving guest wagered \$100.00 to another that the "boiled moose nose" on the menu wasn't *really* moose nose. He lost.

When KRMA-TV in Denver asked me to do a series of shows on early western cooking, I tried to pattern the recipes to those products easily found in supermarkets. Some items, however, just can't be found in every grocery. It takes a little looking. In the back of this book you'll find a page with some addresses of current purveyors of some of the materials that are hard to find. Doubtless there are others, but at least these will be a starting point.

Remember too, that cooking isn't a science. It's an art that comes from a familiarity with the characteristics of your ingredients combined with your own creative touch. Recipes are only like road-maps—how you travel and where you end up depends on you. Good luck. . .

Sam Arnold

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meats coming west

In the meat department of virtually every supermarket in the country one finds little packets of salt pork, all neatly wrapped and priced. They don't move rapidly and are bought only by the occasional cook who uses it for flavoring for beans or soup. A few Southerners like it fried for breakfast, but generally salt pork is a fringe item. Yet, in the westward migration, salt pork was the mainstay of the trappers and explorers and later of the wagon trains of migrants seeking gold or land in the great West.

Why was salt pork such a basic food? Because it was preserved with the salt and could travel without spoilage, and because it was good to eat and easy to fix.

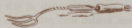
Back in the days of the Oregon migration in the late 1840's, some enterprising authors without personal experience of having traveled the trail themselves, authored immigrant booklets telling the prospective migrant what he should take with him in order to survive the long arduous trip. These booklets were bought by thousands of persons wanting information, but the booklets were terribly misleading. They all stated that one should take several hundred pounds of salt pork per person. By the time wagons, loaded with provisions, rolled up to Fort Laramie in eastern Wyoming, the horses were exhausted from pulling such weight. The settlers dumped their excess provisions, and many tons of salt pork were left behind at Fort Laramie.

Even further back in time, the famed Lewis and Clark expedition, exploring the Louisiana Territory to the West Coast, carried salt pork as a staple. The French Canadian *voyageurs*, paddling through the north country rivers and lakes, also kept salt pork which they cooked with dried split peas. They made a fire early in the morning, and stoked the coals into a pile. A few slabs of sliced salt pork, a mess of split peas and water went into a big iron pot. This would be buried in the coals and left until the end of the day. Slowly simmered all day long, the dish was a famous *voyageur* mainstay — and a good easy one for anyone today.

Here's my favorite recipe for *SALT PORK*.

Salt pork - ½ lb. per
person, cut into ½"
thick strips
flour - 2 tablespoons
salt
pepper
milk - ½ pint

Slice about ½ pound per person into ½" thick strips. Cut into bite-sized pieces. Pour two kettles of boiling water over the salt pork to remove much of the salty taste. If you think of it, soak the salt pork the night before, changing water once or twice; however, the boiling water works pretty well. Fry the salt pork pieces. With some of the fat in the pan, add 2 tablespoons of flour and brown. Next add ½ pint of milk and stir to make a cream gravy. Salt and pepper to taste. Add the fried salt pork. Serve this with *Hopping John*. It makes a good easy Sunday supper, a fast lunch, or a good side dish for breakfast.



HOPPING JOHN — always served in the South on New Year's Day by tradition in order to bring good luck for the coming 12 months.

slab bacon
black-eyed peas - 2 cups
rice - 1 cup long-grain
or minute rice
marrow bones
big piece of bread
coconut - ½ cup

Have ½ pound of slab bacon. Cook in 2 quarts of water for about one hour. Then add 2 cups of black-eyed peas — canned, frozen, or fresh. Cook for another 30 minutes or until peas are soft. Then add one cup of long-grain rice and ½ cup of shredded coconut, and boil for another 15 minutes. Lift out the bacon and slice. Drain the peas and rice, and pop into the oven for a few minutes to dry until rice is fluffy. Serve with the bacon sliced on top. If you use minute rice and canned black-eyed peas, you can have it done in less than 15 minutes. I like salt pork served over *Hopping John*, and I often just leave out the bacon, though it does give a fine flavor to the rice.



Another dish that was a very favorite in the old West was *BROILED MARROW BONES*.

In some gourmet restaurants in England you still find broiled marrow bones, served as a specialty. In fact there are even special marrow scoops made — a sort of scoop-shaped spoon. If you are having a barbecue, ask your butcher to run some big beef thigh bones through his saw to lay open the marrow. Pop these into a 450 degree oven for a few minutes until the marrow is barely brown. Then serve these huge thigh bones to your guests with fresh hot bread. Let them spread it on the bread as you would butter. It's delicious. If you were in the Early West a hundred years ago, you'd eat buffalo marrow and call it "prairie butter."

Hikers and mountain climbers have recently discovered an early American food that provides energy and good eating — *JERKY*.

Sun drying of meat isn't new anywhere on the globe, but only in recent years has good Jerky come onto the market in quantity. It's easy to make, but most people don't know how to cut a block of meat into strips. Jerky is light in weight . . . consequently good for the camper or hiker to carry.

In butchering, the Indian followed the natural contours and muscle layers. He did not cut cross grain, or saw through bones the way the white butchers do. Indians and the early mountain men refused to eat cross grain meat in former times. A very thin, flat knife is needed; a hunting knife is too thick. A knife sharpened on one side only is the best to use. Cut the large chunk of meat into a rectangle or square (approximately 3-4" square). Next, cut square almost in half to within ¼" of bottom of meat, cross grain. Place chunk of meat in palm of hand. With a very sharp, thin knife, begin cutting at the bottom of piece - no more than ¼" thick - *with the grain*, as if you were unrolling a jelly roll, maintaining a ¼" thickness. One chunk of meat will turn into a strip, sometimes three or four feet long. Take skewers (plum or cherry wood is good, or the bamboo ones used for outdoor barbecuing). Hang these strips, skewered on each end, high on poles so the dogs won't get them. I usually put a piece of cheesecloth over the top to keep the flies away . . . but they rarely settle on the meat anyway, since it is cut so thin. Make sure no two surfaces of the meat touch. In hot sun, it will dry in a couple of days. Take inside at night so that it won't absorb moisture from the atmosphere and put in a clean cloth or towel. In cloudy or rainy weather you can hang it indoors where there is good air circulation. The Indians never added salt or pepper to the meat. You can, if you want to, and peppered Jerky is good eating.

Not only can you eat Jerky in its natural state, but when camping, you can break it up, boil it in water and eat the meat stew. It absorbs the liquid and becomes plump and tasty. Salt the stew to taste, add prairie onions, prairie turnips, or potatoes and regular white onions. If you're camping out, and just have Jerky, the stew is mighty fine made with Jerky boiled with water. You can buy commercially made Jerky in many taverns.



jerky
prairie onions or white
onions
prairie turnips or potatoes
white suet
cherries - fresh or frozen
(chokecherries, Bing or
very sour cherries)

A fun item to make for camping out is real *INDIAN PEMMICAN*. Roast a dozen sticks of Jerky in the oven until they're crisp like bacon. Put through a meat grinder, along with an equal amount of the fine white fat from around calf kidneys. Also put through the grinder fresh or frozen chokecherries, Bing cherries, or sour red cherries with a little sugar. Mix together and form into balls the size of chicken eggs. You can melt a little of the beef suet over the fire in a pan, and pour or pat over the Pemmican balls. Placed in plastic bags, they will last forever. They're good eating, extremely nourishing, and make a good snack for the kids, too. This was the "iron ration" of the Sioux Indian warriors.



Roaming herds of buffalo once covered the nation from coast to coast. With the advent of the "white eyes," mass destruction of the mighty bison became commonplace. By the 1840's, buffalo could only be found west of the Mississippi. By the 1860's, only the large herds of the remote northern plains states remained. Buffalo-killing train excursions brought hunters West, and the animals were shot from the windows of the passenger cars.

It was said that one could walk alongside the Northern Pacific Railroad tracks in North Dakota and never put one's foot on the ground for a distance of one hundred miles . . . walking on buffalo bones.

Freight cars filled with buffalo tongues, smoked for preservation, went East and to Europe, for the buffalo tongue and the hide were the only items generally taken by the hunters. Buffalo tongue was perhaps the greatest delicacy of the 19th Century. It was served in all the finest restaurants. Buffalo tongue is delicious. Smoother in texture than beef tongue, it makes a splendid dish when boiled.

Buffalo tongue
1 teaspoon peppercorns
dash of salt
¼ cup grated onion
2 bay (laurel) leaves

BUFFALO TONGUE — Boil meat with a teaspoon of peppercorns, a dash of salt, ¼ cup grated onion, and 2 bay (laurel) leaves for two hours. Then, slice it thin, either hot or cold, and serve with this sauce:



1 cup mayonnaise
2 tablespoons capers
1 tablespoon hot horseradish
pinch of oregano

TONGUE SAUCE — Combine 1 cup mayonnaise, 2 tablespoons capers, 1 tablespoon of hot horseradish, pinch of oregano, and a dash of black pepper. Serve this sauce over the sliced tongue. (This sauce is equally good with beef tongue.)

By 1910 there were only 254 buffalo known alive on the earth, and interestingly enough, one of these was in a zoo in Calcutta, India. Through massive conservation efforts, the buffalo were saved. Today public and private herds total more than 60,000 animals.

Buffalo meat is somewhat sweeter and richer tasting than beef. Because the buffalo is not bred for meat production as is beef, fewer prime cuts are available, and the price of buffalo steak is much higher. Buffalo cholesterol content is far less than beef. The mountain men boasted that one could "eat two to three times as much buffalo as beef without being a glutton on that account."



A year ago I was rummaging through my family's attic looking for old books. One turned up, called *The American Cookbook*, dated 1885. Among many fun recipes was "Beef-steak and Oysters" and it was credited as a specialty of the famed Palace Hotel in early-day San Francisco. The Palace was the Waldorf of the Pacific, and played host to many greats including the last King of Hawaii and President Grant. Here is the recipe:

½ cup oysters (fresh)	½ fresh lime
a steak of your choice	salt and pepper
2 tablespoons butter	a little garlic salt
1½ tablespoons flour	red chopped pimento and
water	parsley

BEEFSTEAK AND OYSTERS — In a saucepan, cook ½ cup of fresh oysters in their own juice with 2 tablespoons

butter until the edges of the oysters curl. Add flour (1½ tablespoons) to the sauce, stirring in carefully to prevent lumps. Add a little water to thin to a medium thick gravy. Squeeze the juice of ½ fresh lime, add; and salt and pepper to taste. You might also add a little garlic salt. In the meantime, broil a steak of your choice. Pour the oyster sauce over the steak, and garnish with colorful red chopped pimento and parsley. This is a superb combination which may well have been invented by a Chinese cook at the Palace. The Chinese like to use the beef-oyster mix of flavors. The small bay oysters of the West Coast are excellent in flavor and should be used where possible.



CHICKEN SALAD

1 teaspoon fine mustard	celery
1 egg	1 saltspoon salt (about
1 teaspoon wine or cider	½ teaspoon)
vinegar	lettuce, or cabbage
6 tablespoons salad oil	parsley
1 tablespoon vinegar	capers
1 tablespoon lemon juice	olives
1 chicken, boiled	eggs, hard-boiled

"Mix 1 heaping teaspoon fine mustard, the yolk of a fresh egg and a teaspoon of fresh wine or cider vinegar into a smooth paste using a silver fork. Measure out 6 tablespoons pure salad oil and 1 tablespoon each of vinegar and lemon juice. Mix slowly, making a creamy paste. Take a cold boiled chicken, remove the skin, bones and fat, and chop . . . not too fine. Cut up an equal bulk of celery, mix with the chicken. Add a saltspoon (about ½ teaspoon) salt and half of the dressing. Cover the bottom of the platter with the larger leaves of lettuce, and lay the smaller green leaves around the border. Place the salad in the dish and pour the remainder of the dressing over it. Garnish with parsley, capers, olives and hard-

boiled eggs. If celery cannot be found, use white tender cabbage mixed with a teaspoon of extract of celery. If salad dressing curdles, stir in half a teaspoon vinegar or lemon alone. Mix well, and if that doesn't bring it right, set it in the ice box for a while. If it still curdles, take another yolk and gradually stir into the curdled sauce, and it will come all right." (From the Cookbook of E. Burt, Fort Laramie, Wyoming)



Here is a recipe for an easy-to-make *SWISS ENCHILADA*. It's called Swiss because it has dairy products in it. Many foods in Mexico get the name Swiss because they have cheese and milk in them, but the similarity ends there.

Corn tortillas	longhorn cheese
1 cooked chicken or	½ pint sour cream
lobster or shrimp	2 cups milk or cream
onion	salt
green chile strips, 5-6	oregano
Monterey Jack cheese	

Line a large buttered casserole with corn tortillas. Overlap them so as to cover the casserole completely. Scatter small pieces of meat from one cooked chicken over the tortillas. (Lobster or shrimp are also good meats to use and make a fine dish.) Next scatter a layer of thin-sliced onion over all. Then add five or six green chile strips cut into small pieces and cover with a half-inch layer of grated Monterey Jack cheese and grated Longhorn cheese. Add one-half pint of sour cream spread over all, also 2 cups milk or cream. Sprinkle lightly with salt and oregano. Cover with another layer of corn tortillas . . . and if your casserole is large enough, repeat the whole process into a second layer of everything. Bake in a hot 425° oven for about 45 minutes. Before serving, place a layer of cheese over the top, and let it melt and brown well. The consistency should be damp with the melted cheese and tortillas, but not sloppy.

freshwater fish and seafood

Fish was often a welcome change for the mountain man and explorer coming West. Buffalo and deer meat (only called venison by Eastern "greenhorns") became tiresome, and a good fish dinner was a pleasant change.

The western streams and lakes provided trout, whitefish, catfish, sturgeon and other varieties which were either pan fried or broiled on sticks over the campfires. Smoke-cooking was common, too. This is done by building a covered box of branches and leaves over a smouldering fire. Aspen wood, hickory, or apple makes a fine smoke flavor. The fish is impaled from the tail through the body to the mouth with a green branch, keeping the fish away from direct fire. After a day's smoking, nothing is better eating!

A Taos, New Mexico, Indian recipe given me by Mrs. Mary Schlosser — herself a Taos Indian — is *MINTED TROUT*.

Trout
mint, wild or garden
variety
1 tablespoon salt
½ cup olive or cooking oil
2 strips of bacon

Mix either garden or fresh wild mint (yerba buena) with 1 tablespoon salt and ½ cup olive or cooking oil. Mash the mint with a spoon to release the flavor to the oil. Then fill the

cavity of a trout with the oily mint leaves. Also wrap the trout with mint leaves and bind with one or two strips of bacon (according to the size of the trout). Secure the bacon with a round toothpick. Broil over charcoal, or under a broiler until the bacon is cooked. The bacon will baste the trout with its oils and flavor, and the mint will release its herbal taste to the trout, too. To serve, remove the mint from the trout. It will not taste sweet, but will have a strange mystical herb taste that's mighty fine eating.



A fine fish cocktail is *CEVICH*.

½ cup olive oil	3 cloves of garlic
½ cup salad oil	3 bay leaves
¼ cup fresh coriander leaves, wild or garden variety	1 hot Mexican pickled jalapeno pepper (or substitute)
¼ cup coriander seeds	1 cup green stuffed olives
juice of 4 limes	fresh white fish (sole or other)
2 onions	

It is often eaten in Mexico and consists of raw fish pickled in lime juice with a hint of coriander. By all means try to find fresh coriander leaves. Mexicans often grow it, and so do the Chinese who call it Chinese parsley. Mix ½ cup olive oil, ½ cup salad oil, ¼ cup fresh coriander leaf or ¼ cup coriander seeds well cracked. (A brief heating of the cracked seed will release its flavor more; sautee it in oil for a few moments.)

Squeeze the juice of 4 limes, add 2 onions, chopped fine, three cloves of garlic, 3 bay leaves, 1 hot Mexican pickled jalapeno pepper (or substitute black pepper), 1 cup green stuffed olives. Cut up fresh white fish into bite-sized pieces. Use sole or any other white fish meat. Add to other ingredients and chill for two days before using. Serve in fish cocktail cups with lettuce and some chopped celery.

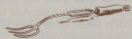


Oysters were frequently eaten in the American West. They were brought west by wagon freight, and were iced at each stop with ice from the local ice house. They were kept fat and healthy by pouring salt water and corn meal down through the barrel of oysters. A six to eight-inch oyster was commonplace in the 19th Century. Susan Magoffin described eating cold oysters and drinking champagne in Santa Fe on August 31, 1846. Lincoln was famous in Illinois for his oyster roasts given to the voters at election time.

While shrimp rarely came into the West except in the form of dry shrimp or shrimp powder from Mexico, here is a rather typical dish of oysters and shrimp: *CAMARONES Y OSTIONES MEXICANOS*.

oysters
shrimp
3 teaspoons butter
4 mild green chile strips
pinch of leaf oregano
½ teaspoon salt
corn tortillas
rice

Cook and peel five shrimp per person. Place in a casserole with an equal number of fresh oysters and some of the oysters' liquor (juice). Place three teaspoons butter on top; add four mild green chile strips cut into bite-sized pieces. Top with a good pinch of leaf oregano, and ½ teaspoon of salt. Place in oven at 400° for about 8 minutes. Serve with corn tortillas and rice.



A special favorite dish of many nineteenth-century American Presidents was *PICKLED OYSTERS*. President U.S. Grant liked them better than almost any other food. Put 100 large oysters (buy counts) and their liquor into a pot, and cook until they just begin to boil. Add a little salt. Skim off the scum on top; then remove the oysters, and set them aside to cool. Add a pint of cider vinegar to the juice, a red hot pepper without seeds, cinnamon, allspice, cloves, and peppercorns. Heat this to a boil to release the flavor of the spices. Put the oysters in jars and pour the pickling juice hot over them. Keep in the refrigerator. They will be ready to eat within two days and are delicious.



Almost every hotel, inn, and restaurant in the nineteenth-century West had a wide range of condiments, catsups, and sauces available for the dinner. Frequently these helped to make food palatable. One ever-present catsup that has passed from the scene is *OYSTER CATSUP*. It is easy to make, and delicious with many meat dishes. Scald 1 pint oysters in their liquor with 1 cup sherry wine. Strain the oysters and chop them fine with 1 tablespoon salt, 1 teaspoon cayenne pepper, and 1 teaspoon mace. Add this again to the liquid in which the oysters had been cooked, and boil for five minutes. Skim well, and run the whole through a sieve. When cold, bottle and seal.



A famous California oyster recipe is *HANGTOWN FRY*. According to legend, a miner in 1849 from gold diggin' called Shirttail Bend found his way into the town of Hangtown. The town's hotel, Cary House, was the only eating em-

porium in the area, and the miner demanded the most expensive meal they had. Eggs and oysters being the highest items in price (eggs cost over one dollar each, and oysters were astronomical in price), the cook whipped up the following. Dry 1 dozen oysters on a towel. Dip each in salt and pepper seasoned flour, then on 1 beaten egg. Finally dip into a bowl of cracker crumbs. Fry in butter until crumbs are browned. Beat 8 eggs and pour into the fryingpan in which the oysters remain. Cook until firm and flop over and cook on the other side too. It's basically an oyster omelet, but with the small Pacific Coast Olympia oysters, a little salt and freshly-ground pepper, a feast for a king.

all-powerful chili

The first Americans coming to New Mexico were greeted with a new culinary experience . . . that of the chile pepper. Although black pepper and red Cayenne pepper were well known in European cultures, the red chile as found in the Southwest was a totally new experience. Then as now, Americans usually found the initial meeting a hot and unpleasant one. After repeated exposure to the chile pod, however, most people become virtual addicts. I am one of these chile addicts. I find most meals without chile in some form as bland as a meal without salt. After eating a bowl of good hot red or green chile, one has an unusual sense of contentment and tranquility.

Chiles grow in many variations of size and type — from the tiny chile piquin and the tiny raisin chiles to the larger two or three-inch long, green jalapenos, and finally in size to the big chile poblano, the seven or eight-inch long green or red pepper pod. The only difference between the red and green chile pod is that when allowed to fully ripen, the green pod turns red. There is, however, a different flavor to each. Pods may be used fresh, dried, canned, or frozen. Taking the shiny hard outer skin off may be done by toasting the pod over a fire until the skin blisters. Next, while still hot, wrap the pods in a piping hot, damp dish towel. Allow the pods to stay in the wet heat for a few minutes, then the skins will slip off easily. **BE SURE NOT TO PUT YOUR FINGERS IN YOUR EYES WHILE HANDLING CHILES.**

Another good warning is to cover any can of chiles in pickle juice with a towel while opening it. I once had a can squirt directly into my eyes with vinegar and chile oil. Painful!

A good dish to cook is *CARNE ASADA*.

Medium-size cube of meat (beef)	½ teaspoon garlic ½ teaspoon salt
¼ cup pure ground chile powder	½ teaspoon MSG ½ teaspoon oregano
½ cup cooking oil	

Take a cube of meat about four or five inches square. With a flat knife, cut it as one does meat when making Jerky . . . into a long strip about one-half inch thick and eight or nine inches long. Skewer this on a wooden or metal skewer. Then mix pure ground chile powder with cooking oil (¼ cup powder to ½ cup oil) and add garlic, salt, MSG and oregano leaf (½ teaspoon of each). Swab the meat with this sauce while cooking. It barbecues the meat and has a deliciously bitey taste!



Dried red chile
½ cup water
1 teaspoon salt
½ teaspoon oregano
1 clove garlic

It's very easy to make a fine chile puree sauce by taking several pods of dried red chile. Take off the stem end and wash out the seeds. They are very hot. Then place the pods with ½ cup of warm water into a blender. Add 1 teaspoon salt, ½ teaspoon oregano, 1 clove garlic. Blend and you will have the finest chile sauce to pour over fried or scrambled eggs in the morning. (Hardly a home in New Mexico is without an electric blender.)

If you want a good lunch, fix a bowl of *GREEN CHILE CON CARNE*.

½ cup steak meat	½ clove fresh garlic or garlic salt
2 tablespoon butter	Pinch of leaf oregano
1 tablespoon flour	½ cup green chile strips
Beef stock or water	

Take some steak meat (½ cup) and sautee it in 2 table-
spoons butter. Add 1 tablespoon flour and mix well to make
a roux. When hot and bubbly, pour beef stock or water over
it and make a moderately thick gravy. Add fresh garlic (½
clove) or garlic salt, plus a pinch of leaf oregano. Add ½ cup
green chile strips cut into pieces. Cook fast for a few minutes
and serve. Good served with a salad.



Thomas Jefferson was a great gourmet of the period. His African slaves had brought small seeds with them, and Jefferson was sufficiently a botanist that he investigated the use of the seeds. These were originally called "benne" seeds, and even today small tea cookies are made in New Orleans which are called "benne cakes." Benne seeds are today known as sesame seeds, and they render a strongly flavored oil. Sesame oil is in common use by Oriental cooks. Jefferson wrote that the "benne" seeds made an oil equal to olive oil (then imported), and he urged its use in place of olive oil. Jefferson edged his flower beds with sesame plants and was its first American champion. Here is Jefferson's *MONTICELLO SALAD DRESSING* recipe:

½ cup salad oil	garlic
½ cup wine vinegar	salt
½ cup sesame oil	white pepper

Mix ½ cup salad oil, ½ cup wine vinegar, ½ cup sesame oil, garlic, salt and white pepper. This is a great dressing with a fine nut-like taste.

a trinity of indian foods

Corn, beans, and squash comprise the trinity of Indian foods. In every facet of daily life, corn provided the Indian with nourishment as food and drink . . . and husks were used as weaving material for baskets.

The Plains Indians often dry the corn right on the cob. These are soaked overnight before using, and taste almost as good as fresh corn. The southwestern Indians and New Mexicans sometimes steam cook their kernel corn and then dry it. These are called "chicos" . . . or little ones. "Chicos" may be soaked overnight before use and then used as corn in any form of stew or vegetable dish.

Popcorn is not new. Over 5,000 years ago the Indians in Mexico used popped corn in strings for religious ceremonies, and even today in remote Mexican churches one sometimes finds the statues of the Virgin or Christ decorated with strings of popcorn.

Beans as used by the Indians came in many forms — the red, the black, the pinto spotted bean, the brown "bolito," and of course the more familiar kidney, lima, and the Navy bean. In general, the bean needs to be soaked overnight before cooking. It is a high-starch item, but variations of flavor are infinite. In Cortez, Colorado — in the heart of the pinto bean growing country — the community has a pinto cooking contest every year. They have so many recipes that they have put out a cookbook of nothing but pinto bean recipes. It has main

courses, appetizers, cakes, cookies, salads and desserts, as well as a pinto bean summer cooler drink recipe!

Squash comes in many forms and every Indian home usually has a storage area where chunks of dried squash are kept. The most familiar squash that we know is the pumpkin. Here is a traditionally Indian recipe for *BAKED STUFFED PUMPKIN*.

1 large pumpkin	1 lb. hamburger meat
butter	2 onions
salt	2 fresh peaches
pepper	1 cup cooked chicken
2 cups corn	meat
2 cups green beans	1 cup sunflower seeds or
1 cup chopped green	sunflower seed meal
pepper	

Take a large pumpkin, cut a fairly wide lid from the top (jack-o-lantern style). Use a scraping spoon to take out all the seeds and strings on the inside. Butter and salt and pepper the inside of the pumpkin; place in a 350° oven for about 40 minutes; do not put the lid on. Bake, but repeatedly check the inside of the pumpkin, for an accumulation of juice will appear. Use a long ladle and empty it from time to time, or the pumpkin will collapse. Meanwhile cook the following:

2 cups corn, 2 cups green beans, 1 cup chopped green pepper, 1 pound hamburger fried with 2 onions, 2 fresh peaches cut into chunks, 1 cup cooked chicken meat, 1 cup hulled toasted sunflower seeds or sunflower seed meal. (Lewis and Clark found the Sioux using sunflower seed meal in their dishes.) Cook this together with enough water to keep it moist for about an hour. Salt and pepper to taste. Then serve the stew inside the baked pumpkin. It makes a dramatic dish when brought to the table. Spoon out the cooked walls of the pumpkin as you serve the stew. It makes a fun Halloween dinner dish.



In George Herter's *Bull Cook and Authentic Historical Recipes and Practices* is a recipe for **MOHAWK INDIAN CORN**.

- 1 can whole kernel corn
- 1 small package black walnuts
- ½ teaspoon black-walnut flavoring
- 2 tablespoons butter

This may or may not be authentic, but Mr. Herter claims (and it's true) that the corn flavor is wonderfully amplified and improved by the addition of black walnut flavoring and black walnuts. Empty a can of corn packed in water (not creamed corn) into a pot. Add sufficient water and heat, also adding a small package of black walnuts. Then add about ½ teaspoon of black-walnut flavoring which is available at most grocery stores. Heat with 2 tablespoons butter and serve. It really is delicious.



Lye-treated corn is well-known in the South as hominy. It makes an excellent cold-weather main course. In the Southwest, it is made into a spicy dish called "posole." Here's how to make **POSOLE**.

- | | |
|-----------------------------|---------|
| Corn, lye-treated OR | garlic |
| 1 can white hominy | salt |
| meat - pork or beef | oregano |
| chile peppers, red or green | cumin |

Either cook your own dry lye-treated corn . . . or buy a can of white hominy. Brown some meat — pork or beef. (Pork is traditional, but I like beef in it.) Add the corn to the meat with enough water to cover and add chile (green is my favorite, but red is also used). Add garlic, salt, oregano and perhaps a pinch of cumin to taste. Let simmer and have your meat in bite-sized pieces. Serve with hot tortillas.



Many Indians and Southwesterners still use blue corn meal ground from the dark-colored Indian corn. *Maiz azul* (blue corn meal) is most often used for tortillas, but you will enjoy it in the old recipe for **BLUE INDIAN CORN MEAL TAMALE PIE**.

- | | |
|---|--|
| 2 cups corn meal (preferably blue) | 1 to 2 cups pitted ripe olives |
| water | 1 can of tomatoes or a small can of tomato puree |
| 2 lbs. ground beef or chunks of beef (ground buffalo or game meat will make the dish even tastier.) | 1 cup grated longhorn cheese or ½ cup longhorn and ½ cup Monterey Jack cheese. |
| ½ clove garlic | red chile powder or green chile strips |
| Accent | 1 tbsp. flour |
| oregano | |

To make this pie, take a large pot and boil 2 cups of corn meal . . . preferably blue . . . with enough water to make a mush. Make the mush thick, being careful to stir it frequently, and cook over a slow fire about 25 minutes. Do not use a glass pot as they have a tendency to burn, crack and break open if you're not watching carefully. While your mush is cooking, take a large frying pan and fry until just barely cooked 2 pounds of ground beef or chunks of beef with one chopped onion and a half clove garlic plus Accent and oregano. Add some pure-ground red chile powder (1 to 2 tablespoons depending on how hot you like your food) or green chile strips. Then add 1 tablespoon of flour and stir. When all is well-mixed with the fat in the pan, put in about two cups of water to make a gravy. Though it's not authentic, I like to add a cup or two of pitted, ripe olives, sliced. If you like tomato flavor in your chile, add a can of tomatoes, or a small can of tomato

puree. Your meat sauce should look like a spaghetti sauce, but should be spicy from the chile. Now, look at the corn meal mush and if it is soft and well cooked, add 1 cup grated longhorn cheese or a half cup Longhorn and a half cup Monterey Jack cheese, and stir into the mush. Next, using a dutch oven or baking casserole, pour in a layer of mush, sprinkle with more cheese, add a layer of meat, then more cheese, then mush . . . keep repeating until the casserole is full. Top with cheese and bake for an hour at 350 degrees. (This dish can be served without being baked but baking greatly improves the flavor.)



Plains Indian desserts generally were made of berries. A broad term for a toasted corn dessert is *WAS-NAH*. Sometimes you'll find Sioux who call a type of pemmican "Was-Nah" . . . others have different recipes. An older Sioux lady friend, whose name is *LOVES HORSES*, taught me this recipe for Was-Nah.

2 cups toasted corn meal
 ½ lb. butter
 2 cups brown sugar
 bing cherries, canned or
 fresh

Take corn meal and toast it on a cookie sheet in the oven. It toasts very rapidly, so don't let it burn. Stir it around so that it toasts evenly. Take the kidney fat from a buffalo or beef, and grind it fine. Mix this with the corn and 1 lb. brown sugar. Add chokecherries and mash everything together. This is the real recipe . . . but for a modern variation, take:

2 cups toasted corn meal, ½ lb. butter, 2 cups brown sugar, canned or fresh seeded bing cherries. Mix all together and allow to cool in the refrigerator. Give each person a heaping tablespoonful. This is sweet and nourishing and makes a great

snack for the kiddies. The toasted meal has something of the flavor of popped corn, and with the butter and sugar and cherries it is simply delicious.



The second in command at Fort Laramie in 1870 was a Colonel Burt. His wife, Elizabeth, wrote a cookbook which may still be seen at the National Park Servicemuseum at Fort Laramie. Here is her recipe for *BAKED INDIAN PUDDING*.

1 quart milk	3 eggs
1 pint of corn meal	grated lemon peel
½ pint of molasses	raisins
1 tablespoon butter	butter and sugar

"Pour a quart of boiling milk over a pint of corn meal. Let it stand to cool. Take ½ pint of molasses, or enough to sweeten the pudding, put 1 tablespoon of butter with molasses, and let it melt on the stove. Put in three well-beaten eggs without separating the whites and yolks; mix well, adding some grated lemon peel or raisins if you like. Bake slowly for one hour; eat with beaten butter and sugar."



Very few spices were used by the Plains Indians. Even salt was rare. Most of their foods were just the flavor of corn, beans, squash, and meat with little other flavors. I had read of a cooking technique used by the early Sioux before they had metal kettles. This was shown to young Sioux at a powwow in 1925 by their elders. In Rosebud, South Dakota, we were able to film the technique of using a beef paunch as an

edible kettle by an old Sioux named Carl Ironshell. Carl took the paunch from a newly killed beef and hung it from four posts driven into the ground. These were forked sticks at the top, and served to suspend the paunch or stomach at four corners . . . as a bag might be suspended with four legs at opposite corners. A hot wood fire was built nearby, and smooth stream-bed rocks placed in it to heat. Into the paunch were placed about 3 gallons of water, and several pounds of raw beef meat in bite-sized pieces. When the rocks were hot, they were lifted into the paunch, and by the time the fifth rock was dropped into the water, the liquid was boiling furiously. After repeating this procedure for an hour, the meat was cooked, the broth ready to be eaten and, following this repast, the paunch was eaten . . . mainly uncooked. It is not a dish to delight the fastidious gourmet, but interesting nonetheless as to ingenuity of the Indian cook's use of available materials as a cooking pot.

breads of the frontier

From the Atlantic coast westward, stomachs were nourished by a native American grass which we call corn. From prehistoric times, corn served as the basic ration of Indian peoples, and was adopted by the Whites as their basic food too. A handful of corn meal kept in a bladder was the "iron ration" of the Indian warrior.

Many types or variations of corn exist . . . from the small three-inch-long raspberry corn (the appearance of the kernel is similar to popcorn, except that it's scarlet in color) . . . to the long hybrid ears known today.

An interesting version of corn bread still found among the Indians of Arizona is called "piki." These are rolls of tissue-thin crisp corn, rolled up like a morning newspaper. Also called "guayabes," these pikis are made by pouring a thin corn gruel onto a hot rock, then rolling them up tightly. These may be colored with native yellow saffron or with red cockscomb. The most common color is a blue-black made from the blue Indian corn. When colored brightly and fastened together, the piki is known as Kachina food or food for the gods, and is delicious.

Blue corn meal is found most often among the Indians of New Mexico and Arizona. A few places produce it commercially, and it makes the very best corn tortillas. The flavor is exceptional.

The odd and intriguing smell in most Mexican restaurants comes from the preparation of the corn in the Indian or Mexican way . . . soaking the kernels in lye for several days in order to eat off the outer shell of the corn kernel. When this is dried and ground into meal, it is called "nixtamal" and it has the inimitable flavor of Mexican food. The meal, or "masa," may be mixed with water and a little salt, then made into thin cakes. These are cooked on a griddle and are called tortillas. Tortillas also may be made with wheat; those are the tortillas used for burritos. Navajo and Hopi Indians also add a bit of wood ash to little balls of corn meal, and these are cooked in the coals, making a walnut-sized bread.



POTATO BREAD

- 6 medium potatoes
- 1 pint of flour
- ½ pint of yeast
flour
- 1 teaspoon soda

"Boil ½ dozen medium-sized Irish potatoes. Mash them. Then pour the water in which they were boiled over it and add a quart of cold water; Stir in a pint of flour. Let it cool. Put in ½ pint of yeast (made from 2 cakes of yeast dissolved in 1 cup water), and let it rise over night. In the morning, strain the above through a colander and add enough flour to keep the sponge from adhering to the bowl. Stir in enough flour to make it the consistency of a stiff batter, add 1 tablespoon of soda, and let it rise again. After it is light, add 1 tablespoon salt and enough flour to knead it thoroughly, then let rise again and mould into loaves. Let rise still another time, then put into the oven and bake 1 hour, at 350° to 375° degrees. This makes 5 medium-sized loaves." (From the cookbook of E. Burt, Fort Laramie.)

frontier desserts

Man seems to have a sweet tooth, no matter where he comes from. The habit of having a sweet item for dessert was well known among the Europeans, and not unknown to the Indian. The New Mexicans, being a mixture culturally of the Spanish and the Indian, found that fruits with their natural sugars were the most readily available source of sweet. Though cane sugar and molasses were well known in the early West . . . coming from the Caribbean and from Mexico, they were luxuries which had to travel a long way on wagons. All the early fur-trade forts had molasses . . . "long sweet" as it was then called.

An old favorite dessert in New Mexico is *CAPIROTADA*. This is a bread pudding, often made with apples. Incidentally, New Mexico was cut off from the rest of Mexico in early days by the long distances involved. The missions in early days were supplied by a wagon train which came once every two years from Mexico. It brought wines, fruit, tree seeds and grape shoots, cheeses and delicacies from Europe for the French or Spanish priests. It is quite likely that the many apple orchards of New Mexico came from seeds brought from Europe in the very early days by the priests. The dessert, *CAPIROTADA*, was encountered by the early mountain men and travelers to New Mexico from 1825 onward. They had trouble with Spanish, and preferred to call it "Spotted Dog" because of the raisins in the dish. A later variation of this dish was cooked by the chuckwagon cooks during the cattle period, and was called "Spotted Pup."

2 cups toasted bread	½ onion
4 eggs	½ lb. butter
2 cups milk	2 cups water
1 cup raisins	1 cup Longhorn yellow cheese
½ lb. brown sugar	2 cups sliced apples
2 tablespoons cinnamon	
1 teaspoon nutmeg	

Break up 2 cups of toasted bread, preferably old, dry bread. Beat 4 eggs well and add 2 cups milk. Put 1 cup raisins in hot water, and allow to soak and plump for five minutes. Add ½ lb. dark-brown sugar to the milk-egg mixture and blend with 2 cups sliced apples. Add 2 tablespoon cinnamon, 1 teaspoon nutmeg. Chop ½ onion. Mix all thoroughly with the bread, add ½ lb. butter melted in 2 cups water. Grate 1 cup Longhorn yellow cheese. Place layers of the pudding in a casserole, alternately with layers of the cheese. Bake about 45 minutes, and serve hot. Sprinkle with tiny, colorful cookie candies.



A familiar dessert pie of the Southerners who came west in early days was *CHESSE PIE*. This was probably of English origin. Today it's only found in southern states, and then only rarely. It's one of the simplest and best pies you can bake.

2 cups sugar
1 tablespoon flour
½ pound butter
½ teaspoon vanilla
1 teaspoon grated lemon peel
6 eggs

Mix 2 cups sugar and 1 heaping tablespoon flour together, and add ½ pound of butter. Blend until light and fluffy. Add 6 eggs, one at a time, beating after each addition. Add ½ teaspoon vanilla plus 1 teaspoon grated lemon peel. Place in an unbaked pie shell and bake at 300° until knife comes out clean . . . about an hour.

Chess tarts and a chess cake, all pretty much the same recipe, are very old standards in early American cookbooks. Sometimes they'd put a big spoonful of some type of sharp jelly or preserve in the center of the tarts or pie.



1 pie crust
8 ounces tart jelly
1 cup butter
1 cup sifted white sugar
3 eggs

Mrs. William Shannon of Broomfield, Colorado, provided us with her variation on our *CHESSE PIE*. This is called *TRANSPARENT PIE* and came from the Virginia-Kentucky frontier period. It's easy. It's delicious. Bake a good pie crust in the oven until crisp. Then add the following filling: Cover the bottom of the pie crust with your favorite tart jelly—about an 8-ounce jelly glass full. Cream a cup of butter with 1 cup of sifted white sugar. Add this to 3 eggs, well-beaten. Beat the mix until light and fluffy, then place in the pie shell. Bake fast at 450 for five minutes; then reduce the heat to 375 for another 20-25 minutes. When the center of the filling is almost firm, remove from the oven and serve cool. The filling is somewhat transparent, and the jelly makes it just great eating.



At Fort Robinson, Nebraska, the famous old cavalry headquarters, I found a recipe for an *APPLE PIE MADE WITHOUT APPLES*. It is a very good dish, and with the exception of the seeds, you cannot tell it from real apple pie. It shows the ingenuity of the early frontier cooks.

2 cups soda crackers	3 teaspoons nutmeg
2 eggs	2 teaspoons cinnamon
1 cup sugar OR	½ lemon rind
½ cup honey	double-crust pie shell
1 cup milk	

Take 2 cups of broken soda crackers, mix them with 2 well-beaten eggs, 1 cup sugar or ½ cup of honey, 1 cup milk. Add 3 teaspoons nutmeg, 2 teaspoons cinnamon, and ½ lemon rind, grated. Mix well and place in a double-crust pie. Bake about 40 minutes in a 325° oven. You won't be able to tell this from real apples! Good eating . . .

A more contemporary variation of Mock Apple Pie is:

14 small square saltine crackers	1 tablespoon tartar butter & cinnamon to taste
1½ cups water	
1½ cups sugar	double-crust pie shell

Boil water, sugar and tartar together for 3 minutes; pour over saltines which have been broken, and put with butter and cinnamon into a pie shell. Bake for 25 minutes in 350° oven.



Chokecherries
flour
sugar
boysenberries
2 cups sugar
2 tablespoons flour
peel of one-half lemon
whipped cream or ice
cream

On the Sioux Indian reservation, the old people still make a dessert called Wo-Japi . . . pronounced Whoa-zha-pee. They

take chokecherries when ripe in the Fall and mash them together. Small cakes are formed of the berries and allowed to dry. Later, when these are to be used, the Indian soaks the cakes in water until soft and takes a stone mallet to mash the cake. It is placed into a kettle of water with flour and sugar and cooked into a dessert. The flour thickens the mixture. It is very good cold, although the seeds are crunchy and hard on the teeth. An easy and less chewy version is *WHITE MAN'S WO-JAPI*.

Take a can or package of frozen boysenberries. Cook these with water, 2 cups sugar, 2 tablespoons ordinary flour mixed in ½ cup cold water until a smooth, thin paste. Grate a ½-lemon peel into the mix. Allow to boil slowly until flour is cooked (about 15 minutes). Chill and serve. If you want to be sophisticated, add some whipped cream or ice cream on top. It's an easy and tasty dessert and can be kept for a long time in the refrigerator.

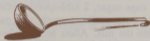


Package of dried apples
2 cups of applesauce
3 tablespoons of honey
½ cup of nuts of your
choice (I like Hawaiian
macadamia nuts mixed
with sunflower seed
kernels that have been
roasted).

½ cup raisins
2 oz. of dark rum
(Hudson's Bay
Demerara is my
favorite.)
whipped cream flavored
with a dash of vanilla

One fine dessert or side dish eaten by the mountain men was called *TRAPPER'S FRUIT*. Use a package of dried apples which are available at every supermarket. Health food stores often have excellent honeycured dry apples and other fruits put out by a California rancher. The Pennsylvania Dutch markets also have "apfel schnitz" — dried apples — which

are delicious in this desert. Boil the dry apples along with 2 cups of applesauce, 3 tablespoons of honey, ½ cup of nuts of nuts of your choice (I like Hawaiian macadamia nuts mixed with sunflower seed kernels that have been roasted), and ½ cup of raisins. Cook over medium heat for approximately 15 minutes; then add 2 oz. dark rum — or Hudson's Bay Demerara which is my favorite. Serve hot in dessert bowls, topped with real whipped cream, flavored with a dash of vanilla. This is an easy, fast dessert . . . delicious enough to make kings renounce their thrones.



Not authentically western, although quite popular in California, is a superb avocado dessert which is a delicious "fini" to any meal. As far as I know it has no "official" name, but I call it *GREEN ON GREEN*.

2 ripe avocados
juice of 1 lime
1 cup powdered sugar
whipped cream or vanilla
ice cream
sprig of mint

Peel and slice two ripe avocados. (If you quarter the avocado and it's sufficiently ripe, the stone drops out and the skin may easily be pulled off.) Put the meat of the avocado in a mixing bowl and add the juice of 1 lime. Also add a cup of powdered sugar. Using a mixer at slow speed, beat the avocado, lime juice and sugar until well mixed with no lumps. Then add an equal amount of whipped cream or vanilla ice cream and beat again. When your dessert is smooth and a delightful green, serve with a sprig of mint. This recipe is adequate for four, but don't be surprised if you have many requests for second servings.

frontier drink

Life in the early forts of the West was not all so primitive as one might think. Although beaver tail, raw buffalo liver, and dog stew often graced the tables, the "Bourgeois" or boss-man of the fort was served on English porcelain and wiped his mouth with damask napkins. Most forts had wine cellars featuring French and Spanish wines. St. Julian, Medoc, Teneriffe wine from the Canary Islands, ports and sherries, clarets and fine Madeira vied with an occasional bottle of French champagne as favorites.

Wines were usually sold by the hogshead or "pipe" (½ hogshead). Wine was decanted from these barrels into blown-glass bottles, supplied empty to the buyer. Bottles were so rare on the frontier that the 25¢ bottle of whiskey sold in St. Louis could be drunk while on the trail and sold for 50¢ in New Mexico.

Temperance organizations became very active in the 1820's and 1830's. Because large quantities of alcohol were being shipped west for trade to the Indians, federal legislation was passed to prevent the wholesale corruption of the Red Man. Always eager for the dollar, a number of Americans set up stills in Taos, New Mexico, (then under Mexican rule) to make contraband liquor for the Indian trade. This was called "Taos Lightning" and was a wheat whiskey. No one knows exactly how much alcohol came north through trading, but with five distilleries in Taos running full time by 1846, the amount must have been considerable.

Profits on alcohol were tremendous — sometimes amounting to a 10,000 per cent profit. To mask the cutting of alcohol with large amounts of water, the early traders added gunpowder, red pepper, and tobacco tea. This "Injun Whiskey" can be made by boiling a red pepper and tobacco from two cigarettes in water to make an infusion. This should be added in moderate amounts to straight corn whiskey. A pinch of black gunpowder adds a special taste too. Be sure to use the old-fashioned black powder made of saltpeter, sulphur, and charcoal, as modern powders are poisonous. The Indians became used to this type of whiskey, and in the 1860's, when good whiskey came west, the Indians rejected it because it just didn't have the "good old flavor."

Rum and applejack were extremely popular in early-day America. Together they make a fine drink called a "Switchel." This is different from the Haymaker's Switchel which is a summer drink made of molasses, vinegar and powdered ginger. The temperance groups felt that the applejack was a major public menace. They literally cut down hundreds of apple orchards throughout the country to prevent apple brandy from being made.

Champagne was not unknown in the West. Fort William, later known as Fort Laramie, was toasted with a bottle of champagne carefully brought west by a young man in 1832. In its later years as a major army post in eastern Wyoming, Fort Laramie boasted a wide range of fine liquors and foods including caviar!

The first commercial product of the English New World colony was sassafras. The tree bark was used to make tea and the wood used in England for all sorts of containers . . . bible boxes, baby cradles and even in the construction of sailing ships because it was widely believed that ships with sassafras wood were unsinkable. For a long period in England there was a commonly-held belief that sassafras also was miraculously good for people, that it cured stomach trouble, rheumatism and even made women fertile. Its popularity was so great

and the demand for it so extensive that the Crown had a contract with the 1622 Jamestown Colony for 30 tons of sassafras. In fact, a man who did not produce his quota of 100 pounds of sassafras was fined in the amount of ten pounds of tobacco for his failure.

Today one still finds sassafras tea in herb counters of super markets and in certain health food stores. It makes a delicious tea and you will find many older persons who swear by it.

Although coffee was known in the Middle East at the time of Christ, the great vogue for coffee houses in Europe did not come until the 18th Century. It soon spread to America. The first taverns as we know them originally were coffee houses which also sold liquor.

During the mid-1800's both coffee and tea were thought to have medicinal value and were advised for prevention of headaches, gout, and "gravel." In point of fact, tea, that popular British sea-going drink, probably did contribute at least indirectly to the health of sailors who were admonished to use lemon or lime with it to prevent scurvy.

Coffee beans were sold green to users until shortly after the Civil War; roasting and grinding was up to the buyer. However, a few years after the Civil War the Arbuckle Brothers in Pittsburgh, Pennsylvania — being in the wholesale grocery business — evolved a method of coating roasted coffee beans with a mixture of egg white and sugar.

This held in roasted flavor and the beans could then be shipped roasted to the consumer. Arbuckles became quite famous in the West; in fact, the name was synonymous with coffee and cowboys were known to speculate gloomily that coffee might not be available after the Arbuckles themselves died. At one time each brown paper bag of Arbuckles coffee had a stick of peppermint candy attached as a premium. Cowboys would be more than happy to grind the coffee beans in order to get the candy, one of the most popular sweets in the early West. Sometimes they even indulged in fisticuffs for it.

In addition to the peppermint, Arbuckles offered a second

premium; the labels from the packages could be redeemed for men's razors, alarm clocks, and the like . . . Perhaps the trading stamp idea is not such a new innovation, though now directed at women rather than frontiersmen. But, back to the type of coffee Arbuckles made popular.



CAMPFIRE COFFEE . . . Old Style

1 quart cold water
1 cup ground coffee
1 egg
½ cup cold water

Take a quart of cold water and heat to boiling. (Allow to boil only 2-3 minutes.) Take a cup of coffee grounds per quart of water and add to boiling water. Mix in an egg, shell and all. Cook in the boiling water for 4 minutes. Then add ½ cup cold water to settle the grounds. When the grounds and eggshell (which acts as a binder) have settled, the coffee is absolutely superb.

"Injun" coffee, so-called because it was dispensed to friendly Indian onlookers, was made by re-using the Campfire Coffee grounds.



Early visitors to the Southwest found the Mexicans enjoying a thick type of hot chocolate. It had both a different consistency and flavor than they had encountered elsewhere.

Mexican chocolate is different in that it has both cinnamon and a bit of nutmeg in it; plus clove and egg for festival occasions such as Christmas eve. You can make it very easily

yourself and will find the spices add tremendously to the flavor.

MEXICAN CHOCOLATE

2 squares grated chocolate	1 teaspoon cinnamon
½ cup boiling water	1 egg
2 cups milk	pinch of salt
3 tablespoons sugar	pinch of nutmeg

Cook 2 squares grated chocolate with ½ cup boiling water, 2 cups milk, 3 tablespoons sugar, 1 teaspoon vanilla, 1 cup cream, a pinch of salt, nutmeg, 1 teaspoon cinnamon and an egg.

Boil the chocolate in water for 5 minutes to bring out its full body and flavor. Then add milk, cream, sugar, salt, egg and spices. Cook in a double boiler for an hour, beating vigorously at 5-10 minute intervals.

That's the old-fashioned way. If you have a blender, simply add hot milk or cream to sweet chocolate (about two cups of chocolate buds), and egg, nutmeg and cinnamon and blend for 2 minutes. I like to add just a pinch of ground orange peel. Be sure, however you make it, to beat or blend until frothy.



An interesting Mexican-Indian beverage is *PINOLE*.

corn meal
sugar
powdered cinnamon
milk

Roast corn meal in a 450° oven for 8-10 minutes until brown, but not burned. Spread the meal evenly over a cookie sheet, and move it around twice while roasting by using a spoon. Add 1 part sugar to 4 parts yellow corn meal, and

flavor with powdered cinnamon. To prepare, cook slowly in hot milk for about 15 minutes. Be careful not to let the meal burn on the bottom of your pot. Stir constantly. Use as much pinole mix to milk as you would hot chocolate mix to water in making a medium strong cup. This is healthful, nourishing, and delicious to drink. When the corn meal is soft, pour into cups and drink. Its consistency should be the same as a medium thick cup of hot chocolate.



CHAMPURRADO is an extension of Mexican Chocolate and Pinole. Simply make Pinole and add hot chocolate to it; combining the two drinks makes still a third which is marvelously warming and nourishing.



In New England during haying time, the noon-hour was usually greeted with a jug of **HAYMAKERS' SWITCHEL**. While non-alcoholic in its basic recipe, it makes the haying go twice as fast if a little applejack or brandy finds its way into the jug.

1 cup brown sugar	½ cup of molasses
½ teaspoon powdered ginger	¾ cup vinegar
	2 qts. water

1 cup of brown sugar; ½ teaspoon powdered ginger; ½ cup of molasses; ¾ cup vinegar; 2 quarts water. Combine ingredients and ice well. It cuts your thirst immediately and is most refreshing. Ideal for "nooning" (stopping on the trail for lunch)!

mormon foods

From its founding in 1830, Mormonism has been a missionary religion, and "gathering to Zion" became a powerful force that brought thousands of enthusiastic converts to "The Promised Land" in Utah. The excitement of these Saints grew to such a high pitch at the middle of the nineteenth century that they offered "to walk from their homes in Liverpool, and from New York to the Great Salt Lake."

Thousands of poor persons in England, Ireland, Scotland, Denmark, Sweden, and Switzerland heeded the call to America and the Promised Land. However, by 1855, following drouths and grasshopper plagues, both money and food were scarce, and only one-in-twenty who wanted to come to Utah could be brought there. A new plan was evolved by Brigham Young to bring the emigrants from the East Coast by rail to Iowa City, Iowa, and thence to Utah pushing handcarts across the plains and mountains.

The first of the heroic handcart companies came West in the summer of 1856. Tragedy struck the Saints who were in the last two groups to cross the plains that year. They were too late in the season. Snow and cold decimated them. Starvation was severe.

One traveler wrote, "Hitherto, although a ration of a pound of flour had been served out daily to each person, it was found insufficient to satisfy the cravings of hunger. Shortly after leaving Fort Laramie it became necessary to shorten our ra-

tions that they might hold out and that the company not be reduced to starvation. First the pound of flour was reduced to three-fourths, then to a half pound, and afterward to still less per day. However we pushed ahead."

One group was reduced to eating rawhide. At first it made them sick. Jones, a professional cook, devised a plan to make rawhide palatable. "Scorch and scrape the hair off; this has a tendency to kill and purify the bad taste that scalding gave it. After scraping, boil one hour, throwing the water away that had extracted all the glue, then wash and let it get cold, and then eat with a little sugar sprinkled on it."

Ten companies of the Saints traveled the handcart route between 1856 and 1860. The dedication and heroism of these travelers has rarely been equalled in the history of man. In later years the culinary heritage of the New Englanders, those from the British Isles, Scandinavia, and Switzerland formed the nucleus of now-famous Mormon cooking. Old recipes were adapted to the foods found in the countryside. One such is *FRUIT SOUP* which originated in Sweden.

Take 1 pound of raisins, 1 pound of prunes, ½ pound of currants, ½ pound red raspberries, 6 apples, and the juice of ½ lemon. Boil these together for three hours. Add sugar to taste and 2 cinnamon sticks. Then add one tablespoon of sago to thicken. Serve either hot or cold. It will keep a long time in the refrigerator. This may be served at the beginning of a meal or as a dessert.



Sago is a kind of starch produced from the stem of a West Indian palm. It is a wholesome, nutritious food. It has long had a place in American cooking. George Washington, for example, had a sago palm.

Rhubarb was one of the Mormon mainstays. Settlers travel-

ing west brought rhubarb roots wrapped in dampened cloths, or packed in a can of dirt. The vitamin-filled root provided protection against scurvy. Rhubarb pudding made with sago was an authentic and delicious Mormon dish.

SAGO-RHUBARB PUDDING is made by placing 1 cup small white sago, called pearl, in a quart of tepid water with a pinch of salt, and soaking for 1 hour. Boil and stir the sago until clear, adding water to make it thin. Then pour over 1 pound cooked fresh or frozen rhubarb. Add sugar to taste, and cook for 2 or 3 more minutes. Remove from heat and serve warm or chilled. This makes about five servings.



Saints from New England brought an old Vermont recipe with them. It reputedly was popular with Ethan Allen and his Green Mountain Boys of the American Revolution. It is called *RED FLANNEL HASH*.

Chop 3 medium-cooked beets with one large cooked potato. Mix well with 1 pound of ground chuck steak. Add salt and pepper to taste. Melt 4 tablespoons butter in a large skillet, add 1 medium onion chopped, and cook until onions are clear. Stir in the meat/vegetable mix and fry until the meat is moderately cooked. Then put it all into a flat baking dish. Melt 2 tablespoons butter in 2 tablespoons cream and pour this over the hash. Put the baking dish under a broiler for a few minutes until the hash has a good crispy crust. If you don't have an overhead broiler, simply fry the hash in the skillet until a crust forms on the bottom. Turn it with a spatula from time to time. This is a good breakfast or supper dish, especially with fried or poached eggs on top.



A story is told of the earliest Mormon women faced with the problem of finding a sugar substitute. From a hole cut in the top, they cleaned the insides of ripe pumpkins of seeds and pulp. Then the pumpkins were left outdoors during cold nights for several days. The juices of the pumpkins gathered within them, and were removed for boiling into a sugary syrup.

Trappers in the West carried very little food with them. Rice, corn meal, flour, raisins, dried fruit, sugar, salt pork, and coffee were staples. Sugar was a great delicacy, and often honey was used in its place. It should be noted, however, that honey was not native to the land. The honey bee was brought from England to the New World. In fact, the Indian usually knew it was time to move West ahead of the white man when he saw the honey bee ranging into his territory. Records exist of the Spanish in California and later of the Mormons in Utah finding "manna" or a sweet crystalline substance on the leaves of certain trees. This came to be known as "Mormon sugar," and was only recently identified as the droppings of aphid insects.

christmas specials

Christmas-time in old Santa Fe is a delightful experience. The cool crisp winter air is perfumed with smoke from pinon (Spanish pine) or native cedar fires. On Christmas Eve one can travel south about forty miles to a wonderful Indian pueblo called San Felipe. This Indian settlement dates back into obscure history, but the little Catholic church there speaks of a modern/old mixture of faiths . . . Indian and Christian. My most vivid memory of a Christmas Eve was in 1948 when I arrived at the pueblo at about eleven P.M. The little church was lit with oil lamps and candles. For about twenty minutes the Indians in costume danced up to the altar in a serious prayer ceremony. Later the priest arrived for the midnight Mass, spoken in Latin to the assembled Indian populace. It was a moving experience.

Later we went to Joe Esquibel's house for biscochitos, These wonderful anise-cinnamon flavored cookies made a perfect combination with steaming hot coffee brewed from clear Pueblo well water. Here's a good recipe for *BISCOCHITOS*.

6 eggs	2 tablespoons anise seed
1 pound lard	rum or bourbon
4 cups sifted flour	cinnamon
2 cups sugar	

Beat a half dozen eggs. In another bowl mix 1 pound lard with 4 cups of sifted flour. Add two cups of sugar to the flour-

lard mix. Mix with the eggs and roll out with sufficient flour to make a firm dough. Mix 2 tablespoons anise seeds with the dough. Cut into your favorite cookie shapes—about ½" thick or less. Rub tops of cookies with rum or bourbon, then sprinkle with cinnamon. Bake at 375 degrees for about 35 minutes, or until barely brown. Serve with hot coffee.



Another Christmas tradition in New Mexico is the use of "farolitos" and "luminarios." Farolitos or little lanterns are easily made by using brown paper bags. Fold down the top of the sack about 2 inches. This firms the sack. Then place about 3 cups of sand inside, and place a candle in the sand. When placed along walks, on porches, or along roof lines, these farolitos shed a cheery yellowish light at night that delights the eye.

Many people mistakenly call farolitos by the name "luminarios." Luminarios are cross stacks of pitch pine wood, lit for a bright bonfire. These were used in Spain long before the Christian religion arrived there. They are a very ceremonious Christmas decoration.



The Spanish pine produces a fine small nut. These can be obtained commercially, or gathered and roasted by yourself. Pinons are best hulled by roasting and cracking the shells in your teeth. It takes a lot of Indian children to do it, but a good *HOLIDAY BIRD STUFFING* may be made by combining the following:

- | | |
|-------------------------------|----------------------------------|
| 4 chopped, fresh apples | 1 cup roasted pine nuts |
| 1 dozen eggs | 4 cups dry bread or bread pieces |
| 1 chopped onion | 2 tablespoons sage |
| 1 cup instant mashed potatoes | 1 tablespoon thyme |

Add to these milk or water to make the whole into a moist mixture. Stuff this into a buttered fowl, or bake in a buttered pan. The eatin's great!



- 5 pints dark cherries
- 1 quart dark rum or cognac
- 1 pound brown sugar

CHERRY BOUNCE is one of my favorite Christmas memories. It is related to the early American shrubs which were combinations of fruit and brandy or rum. Cherry Bounce is almost a liqueur when made properly. Take five pints of dark cherries. Grind these through a meat grinder, seeds and all. Place them in one quart of dark rum or cognac. Allow to rest for one week. Then strain through a cheese cloth, and add 1 pound brown sugar. Place in a jug and cork. Wait for two weeks before sipping yourself into Paradise. Cherry Bounce is an early American recipe that'll really make history come to life for your holiday guests!



Punch as a drink came from the Indian word *panch* meaning "five." During the 1600's, seamen drank *panch* made from the five ingredients: tea, water, arrack, sugar, and lemon. Arrack was replaced with rum in the 1700's, and rum punch survives today as a major holiday item.

Old Christmas drinks were generally much higher in protein than in alcohol. The three American favorites were: Wassail, eggnog, and sillibub.

Wassail was a mulled red wine spiced with cinnamon, clove, allspice, ginger, and mace, poured over beaten eggs, and served in a bowl with hot baked apples.

1 large bottle burgundy or claret wine	½ teaspoon ginger
6 eggs separated	½ teaspoon mace
½ cup water	½ teaspoon allspice
¼ teaspoon nutmeg	1 teaspoon cinnamon
2 cloves	2 cups sugar
	6 baked apples

Here is the recipe for *WASSAIL*. Heat a large bottle of good red wine, either burgundy or claret. In two other bowls beat 6 eggs separately, then fold the yolk into the stiff egg whites. Meanwhile place the following into a ½ cup water in a pan to heat: ¼ teaspoon nutmeg, 2 cloves; ½ teaspoon ginger; ½ teaspoon mace; ½ teaspoon allspice, 1 teaspoon cinnamon; 2 cups sugar. Heat all together until the spices are cooked a bit to release their flavor. Then pour the egg mix together with the spices and sugar and the hot red wine into a punch bowl. Place in it 6 baked apples and serve.



6 eggs, separated
½ cup sugar
½ cup rum
1 cup bourbon

1 pint milk
½ pint whipped cream
nutmeg

The *OLD-FASHIONED EGG NOG* came from the name noggin. This was the term used for a solid wooden cylinder of birch made into a drinking container. Noggins were used at table while tankards, made from staves and hoops, were served at fireside. The present-day egg nog began its history as a "dry

sack posset." Dry sack was the English name for Spanish dry wine, primarily sherry. A dry wine was heated and mixed with eggs. Here is the old time egg nog that didn't come from a paper carton. Separate 6 eggs and beat both whites and yolks. Add ½ cup sugar to yolks and stir. Place egg yolk and sugar mix in a large punch bowl; add ½ cup Jamaica Rum, 1 cup bourbon, 1 pint milk, ½ pint whipped cream. Then fold in the stiff egg whites and top with nutmeg. It is rich and delicious.



1 quart of good ale
4 eggs
4 tablespoons sugar
1 teaspoon ginger
or
grated nutmeg
½ cup Jamaica dark rum

A fine colonial favorite in taverns was called a *YARD OF FLANNEL*. It was so named because of the silky texture of this hot ale drink. Take a quart of good ale and heat in a saucepan. Beat 4 eggs with 4 tablespoons sugar. Add 1 teaspoon ginger or grated nutmeg, then ½ cup of Jamaica dark rum. When the ale is almost boiling, combine the two mixtures, pouring the hot ale a little at a time into the egg mixture to prevent curdling. Pour these back and forth until it is silky and like "flannel." This is a wonderful holiday drink that was a great favorite with the coachmen, outriders, and wagoners. It sounds far more complicated than it is, and the small effort is worth it in inner warming.

- Apple pie without apples, 29-30
 Beef steak and oysters, 7-8
 Biscochitos, 43-44
 Buffalo tongue, 6
 Camarones y ostiones
 mexicanos, 12
 Capirotada ("Spotted Dog"),
 27-28
 Carne asada, 16
 Cevich, 11
 Champurrado, 38
 Cherry bounce, 45
 Chess pie, 28-29
 Chicken salad, 8-9
 Chile (green) con carne, 17
 Chile sauce, 16
 Chocolate, Mexican, 37
 Corn, Mohawk Indian, 20
 Egg nog, old-fashioned, 46-47
 Enchilada, Swiss, 9
 Fruit soup, 40
 Green on green, 32
 Hangtown fry, 13-14
 Hash, red flannel, 41
 Hopping John, 2-3
 Indian pudding, baked, 23
 Jerky, 4-5
 Marrow bones, broiled, 3
 Monticello salad dressing, 17
 Oyster catsup, 13
 Oysters and shrimp, *see* Camarones
 y ostiones mexicanos
 Oysters, beef steak and, 7-8
 Oysters, pickled, 13
 Pemmican, 5
 Pinole, 37-38
 Posole, 20
 Potato bread, 26
 Pumpkin, baked stuffed, 19
 Sago-rhubarb pudding, 41
 Salt pork, 2
 "Spotted Dog," *see* Capirotada
 Stuffing, holiday bird, 44-45
 Switchel, haymakers', 38
 Tamale pie, blue Indian corn
 meal, 21-22
 Tongue, buffalo, 6
 Tongue sauce, 7
 Transparent pie, 29
 Trapper's fruit, 31-32
 Trout, minted, 10-11
 Was-nah, 22-23
 Wassail, 46
 Wo-japi, 30-31
 Yard of flannel, 47

SOME SOURCES OF HARD-TO-FIND FOODS

Mexican and Indian Specialties

El Progreso Store
2282 Broadway
Denver, Colorado
80205

(Spices and herbs, atole, pinole, medicinal herbs)

El Molino Foods
1078 Santa Fe Drive
Denver, Colorado
80204

*(Mexican canned goods, pickled jalapeno peppers,
cactus relish, blue corn meal, chile powder, posole
corn)*

Mr. Bruce Prettybird
c/o Rosebud Indian Agency
Rosebud, South Dakota
57570

*(Prairie turnips, dried chokecherry cakes, and other
Sioux Indian foods)*



Prepared pinole as well as Mexican jalapenos and dried yerba buena may be obtained at some Mexican specialty stores.