



AMERICA
The
Greatest
Cookbook

THE FOOD WE MAKE FOR
THE PEOPLE WE LOVE

FROM **100** OF

OUR FINEST CHEFS
AND
FOOD HEROES

EDITED BY

Joe Yonan



Three Sisters' Hominy Corn Harvest Stew

MAKES
6–8 servings as a main course

INGREDIENTS

2 cups (400 g) dried hominy corn (white, blue, or red)
6 qt (6 l) water
3 Tbsp olive oil
1 yellow onion, diced
2 doves garlic, finely chopped

2 green zucchini, cut in half lengthwise and sliced ¼-inch thick

2 yellow squash, cut in half lengthwise and sliced ¼-inch thick

4 tomatoes, diced

4 dried New Mexico red chiles, stemmed, seeded, and torn into 12 pieces

2 tsp New Mexico red chile powder (mild)

2 bay leaves

4 cups (1 l) vegetable stock or water

1 tsp *azafrán* (Native American saffron)

2 cups (360 g) cooked tepary beans

2 tsp fresh oregano leaves, finely chopped (or 1 tsp dried Mexican oregano)

½ tsp dried Mexican oregano (optional)

1 tsp fresh thyme leaves, finely chopped

1½ tsp kosher salt

Microgreens or sunflower sprouts, for garnish

METHOD

Soak the dried hominy overnight in 4 cups (1 l) of the water.

The following day, drain the hominy and discard the water. Place the hominy in a large pot and add the remaining 5 quarts (5 l) water. The water should cover the hominy by at least 3 inches (7.5 cm); if it does not, add a little more water.

Bring to a boil over high heat, then reduce the heat and simmer, uncovered, until the kernels burst and are puffy and tender when tasted, 2–3 hours. Note that white corn tends to puff the most. Add more water during cooking if needed. Drain, reserving the cooking water, and set aside. You should have about 4 cups (1 l) cooking water. (You can also cook your hominy corn in a slow cooker overnight, which is my preferred method. Place the hominy corn in the slow cooker and cover with plenty of water. Bring to a boil, reduce the heat to low, and let cook overnight, 6–8 hours.)

In a separate large pot, heat the olive oil over medium-high heat. Add the onion and sauté until translucent, 2–3 minutes. Add the garlic, zucchini, yellow squash, and tomatoes and sauté for another 3 minutes. Add the hominy, red chiles, red chile powder, bay leaves, stock, hominy cooking water, and *azafrán*. Bring to a boil, reduce the heat to a simmer, and cook for 30 minutes. Add the tepary beans, oregano (if using), thyme, and salt and continue cooking for another 15 minutes.

If you prefer a smooth, thick stew, transfer the mixture to a blender, reserving 2–3 cups (480–700 ml) for garnish, and blend until smooth. Serve hot in large soup bowls, garnished with microgreens and with the reserved stew if you've blended the stew.

NOTES

Corn, beans, and squash are known by many native peoples as the “three sisters” and are considered to be sacred gifts from the Great Spirit. Often planted together, they help one another to grow and provide complementary nutrients when eaten together.

Tepary beans are native to the Southwest. We sometimes source ours from Ramona Farms or Native Seeds. You can substitute pinto or black beans if desired.





Lois Ellen Frank with Walter Whitewater

OWNER AND CHEF OF RED MESA CUISINE

We are passionate about cooking ancestral Native American ingredients and educating people on the intersection of food and culture. I believe food has a story to tell us: the story of how it nurtured our ancestors and sustained generations. Corn, beans, and squash, also called the "three sisters," are connected to our culture as native people. Many folk are unaware of the contribution native people have made to the foods we eat every day, including chiles, tomatoes, potatoes, vanilla, cacao, and the three sisters. When we prepare these foods, we revitalize everything associated with them. And when we feed people, we nurture them while honoring our ancestors.

