
Live Again Our Mission Past

by

George Kuska, *AIA, California Architect*
Barbara Linse, *Educator and Author*

with

Mary L. Prosser Flaim, *Specialist, Social
Studies Education*

Art Direction/Production Ken Gillespie
Mission Drawings George Kuska
Activities Drawings Cynthia D. Clark
Photography Wayne G. Hahn
Robert T. and Margaret C. Orr
Elementary Education Consultant Bernice Gilardi
Editor Anita Shelasky
Manuscript Preparation Pamela Williams Watts
Young Authors James Byrnes
Serri Miller
Typesetting Graphic Express

Published by
ARTS' BOOKS
Larkspur, CA

Distributed by
EDUCATIONAL BOOK DISTRIBUTORS
P.O. Box 551, San Mateo, CA 94401

Copyright - 1983 / Second Edition - 1984
Sixth Printing - 1990
Library of Congress No. 83 - 072050

ISBN 0 - 9607458 - 1 - 5

This edition has been approved
by the California State Department of Education
out of Cycle-Legal Compliance.

Mission Cooking

The Mission Fathers were not experienced chefs, but they managed the kitchens with the help of Neophytes. Breakfast was early, but probably after Mass. One family member from each Mission compound house came to the kitchen with a bowl and ladle to dish up the daily mush. Those Neophytes, who ate at the Missions, stood up to eat their mush. In the earliest days it was made from acorns, but wheat or corn were soon permanent substitutes.

Later, coffee or chocolate might be served around noon, but the largest meal was served about 2:00 PM in the dining room of the Mission.

One of the recipes included here might be the main dish. Honey was used instead of sugar. The main flavoring came from *chiles*. *Atole* was frequently served and might be part of *Cena* or supper with *tortillas*. Hot chocolate was the favorite drink.

The Mission Fathers not only prepared meals but raised the produce and animals and processed foods for the table. There were wine presses on the grounds, and slaughter houses from which the cows or sheep were taken at once for the tallow rendering and the hide tanning. Sausages, dried beef, dried corn, figs and apricots, and cheese were among the food stuffs grown and made on the Mission grounds.

While much of this was eaten at the Mission, hides and tallow were used for bartering with trade from the ships from Manila and Boston. The Mission Fathers sowed the seeds that have made California among the nation's largest in wine making, citrus fruit production and cattle raising.

Remember, as Spanish and Mexicans were the first newcomers to California, the earliest recipes are Spanish and Mexican.

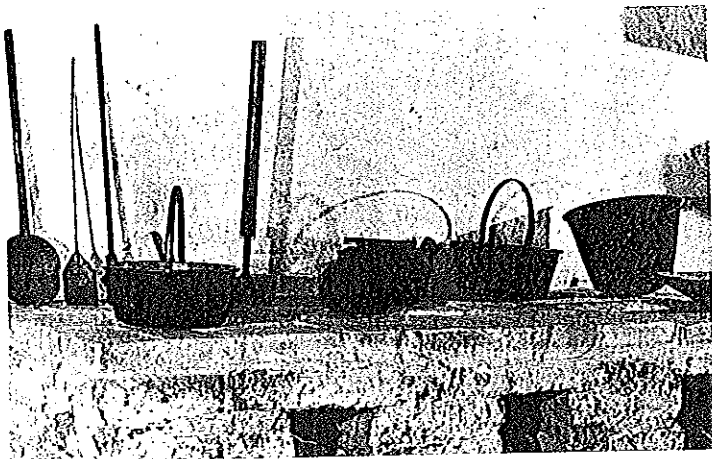
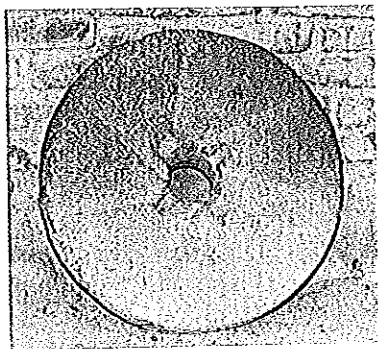
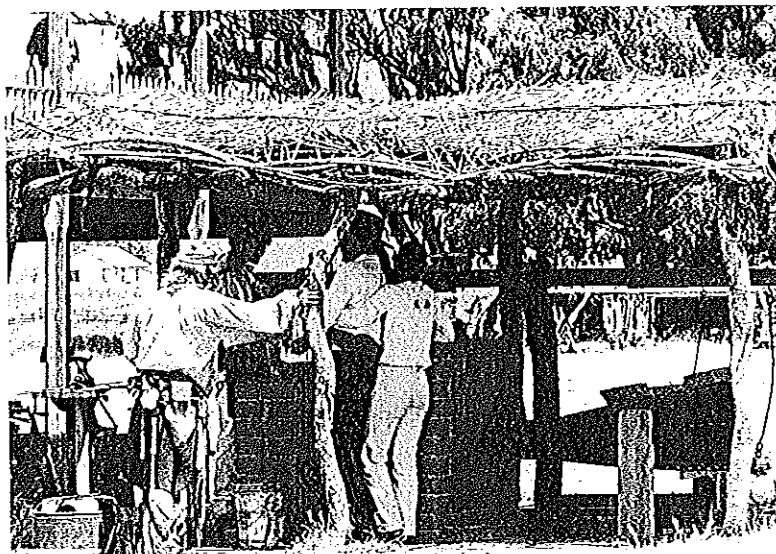
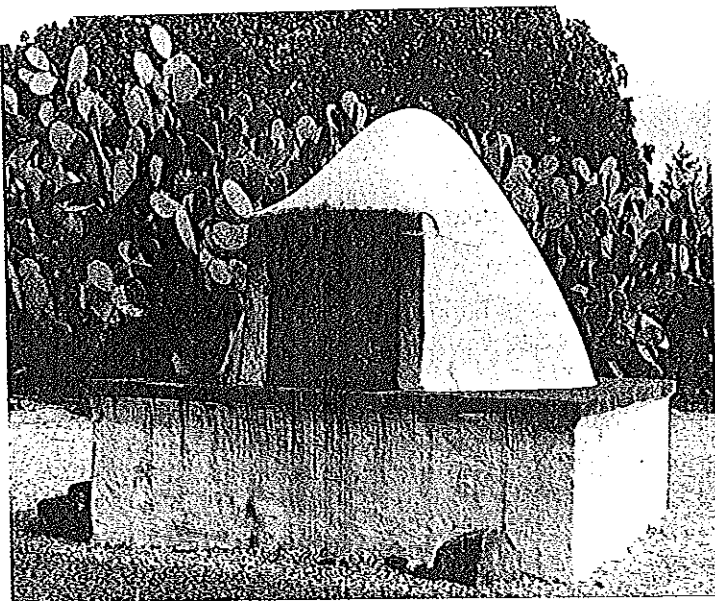
Implements for Group Cooking: At home use the pots you have.

Crock pot: good for beans, rice or pasta soup
Oven pots
Skillet: *Tortillas, tacos, tostados; etc.*
Electric skillet
Food scales — if you have one available.
Tortilla holder: Fold a 2 lb. coffee can lid in two; use as a *tortilla* holder when frying *tortilla* in hot grease.

Spanish Mission Implements:

Wooden bean masher (*potato masher*); knives and boards for cutting (*a blender or food processor*); or lovely carved wooden chocolate mixer (*use slotted spoon*); cast-iron griddle for making *tortillas* (*electric frying pans and griddles*); Mexican lime squeezer (*orange squeezer, a blender or food processor*); wooden spoons of all sizes and shapes; *metate* and its grinding stone, *la mano* — the *metate* has 3 legs and is made out of rough volcanic rock and is sloping in form; a knife and cutting surface of some sort; a blender or food processor for grinding corn, *chiles* and all of the ingredients for making sauces. *Tortilla* press — or busy hands with a little ball of *Masa con Aqua* — these little balls are patted with hands always at right angles to each other, patting away and changing positions after every pat.

Remember, you can do Mission cooking with only one frying pan, minimum cooking ingredients and 25 to 30 pairs of hands. Don't hesitate to substitute *chiles* — but remember, the seeds and veins are very hot.



Spanish-California Recipes

NIXTAMAL

This is the base of many Mission foods as well as Mexican foods:

tortillas, tamales and tacos.

1 gallon water
 1/3 cup unslaked lime
 2 quarts (8 cups) whole dry corn (*maize*)
 In galvanized kettle, mix the water and lime stirring with a clean stick or a wooden spoon. Add the corn and stir until the mixture no longer bubbles.

Bring to a boil, then lower the heat so that the mixture cooks but does not boil. Stir frequently. When the skins can be easily rubbed from the kernels (*after about one hour of cooking*) and the corn is moist through, remove from the heat.

Drain and wash in several changes of cold water until all trace of lime is removed. Rub the kernels between the hands until it is free of hulls.

You will have a clean corn much like hominy but not so well cooked. This is *nixtamal*, ready to be ground into *masa*.

Lime Water

Quick, or unslaked, lime is used in making the *nixtamal*. The ratio is 1/3 cup lime to 1 gallon water.

MASA

1 cup nixtamal
 Water

Place one cup of *nixtamal* on a *metate*; sprinkle with water to keep it moist. With a small hand-stone, rub back and forth, over and over, until the corn kernels have formed a medium-fine dough. This is *masa*. Cover with a damp cloth to keep from drying.

TORTILLAS

IMPORTANT! The ever delicious *tortilla* now:

An *ENCHILADA*, fried in oil and all rolled up with filling and sauce;

A *TACO*, fried and folded, filled and sauced;
 A *TOSTADA*, fried, flat, covered and sauced;
 and

A *QUESADILLA*, a little cheese, a little heat, and a little *tortilla*.

CORN TORTILLAS

Form the *masa* into 2-inch balls; press and pat with the hand into a 6-inch round cake. Bake on a hot, ungreased griddle until slightly brown and blistered on both sides.

Wheat Tortillas (Tortillas De Trigo)

2 cups *harina de trigo* (wheat)
 ¼ lb. lard or ½ lb. vegetable shortening
 2 tsp. salt
 1 cup warm water

Knead mixture for 3 minutes; set it aside for 3 hours before cooking.

MAKING THE ENCHILADAS

12 *tortillas*
 3 cups filling
 4 cups sauce, heated
 1 cup chopped onion
 2 cups grated cheese, jack or yellow
 Oil for frying *tortillas*, 1" in 8" frying pan.

Heat oil. Dip *tortilla* in hot oil, press down for a few seconds, turn, press, remove and drain. Continue until all *tortillas* done.

Put a little sauce into oblong baking dishes. The 13" x 8" will hold 8 enchiladas. It is important to not crowd them. Bathe *tortilla* in this sauce, turning to moisten both sides. Place about 2 tablespoons filling in center, roll and leave in pan, seam side down. When

pan full, add more sauce, sprinkle with grated cheese and put in 375° oven to melt cheese. Before serving, sprinkle with raw chopped onion.

FILLINGS FOR ENCHILADAS

Beef Enchilada

1 tablespoon oil
 ½ cup chopped onion
 2 lbs. hamburger, preferably coarse ground
 Salt and pepper to taste
 3 tsp. oregano, crushed
 1 cup peeled tomatoes, optional

Heat oil. Saute onion until soft. Add meat and seasoning. Cook 10 minutes. Drain off excess grease. Add tomato and cook another 5 minutes until meat is done. Fill *tortilla* and proceed as for other *enchiladas*.

TACOS

12 *tortillas*
 3 cups lettuce, shredded
 1 large tomato, sliced
 1 large avocado, sliced
 1 cup Cheddar cheese, shredded
 ½ pint sour cream
 Pickled *chiles* to taste
 Bottled green *taco* sauce to taste

Drop *tortillas* in hot oil, one at a time. After a few seconds turn, fold in half, and fry to desired crispness. Drain on paper towels and keep warm in a low-heat oven. To serve, open each *tortilla* gently and let each person select his own condiments. Serves 6.

TOSTADAS

8 *tortillas*
 Oil for frying
 2 cups refried beans
 2 cups meat filling
 2 cups shredded lettuce
 2 sliced tomatoes
 1 large avocado
 ½ cup Parmesan cheese
 1 pint sour cream
 8 ripe olives, sliced
 Pickled *chile* slices

Fry *tortillas* on both sides in hot oil until crisp. Drain on paper towels. Spread *tortillas* generously with refried beans, then meat filling; add lettuce, tomato, and avocado. Sprinkle with Parmesan cheese, top with sour cream, pickled *chile* slices and olives. Serves 4.

QUESADILLAS

You can vary this recipe by adding beans, meat, onion, and/or garlic.

1½ cups Monterey Jack cheese, shredded (or Cheddar cheese)
 6 Tbsp. green *chiles*, chopped
 6 *tortillas*
 Salt
 Oil for frying

Put ¼ cup cheese and 1 tbsp. *chiles* on half of each *tortilla*; sprinkle each with salt. Heat a small amount of oil in a frying pan, and put the *tortillas* in, one at a time, without folding. Fry for a few seconds. Fold the *tortillas* over the filling, press the edges together. Fry on both sides until crisp. Drain on paper towel before serving. Makes 6.

ATOLE

This is a thick, hot drink, not unlike thin mush. It is enjoyed all over Mexico today as it was in the past. It was a favorite for Mission Fathers and Indians. There are many ways to make it: Mix a cup of corn flour (*masa*) or rice flour with 2 cups of cold water and a pinch of salt. To this add 2 cups of boiling water. Cook it oh, so slowly; for 1 hour.

For plain *atole* — Serve as is.

For spicy *atole* — add a little *chile*.

For fruit *atole* — add some fresh or canned fruit

For sweet *atole* — add a little brown sugar with cinnamon

For chocolate *atole* — add cinnamon, sugar and grated Mexican or bitter chocolate to the *atole* and you have and you made *champurados* — or a "full bodied" hot chocolate.

Hot chocolate was very popular among Mission Members, Neophytes and Priests alike:

Chocolate beaters are available in Mexican food stores — they were used to fluff up chocolate cocoa. The chocolate was brought from Mexico on trading ships — squares of bitter chocolate are second to Mexico's own sweet chocolate "rounds." Milk, eggs, sugar, cinnamon can all be used in making Mexican hot chocolate.

SOPA DE CALABAZA

Pumpkin Soup

- 3 tablespoons lard
- ½ cup chopped onion
- 2 cloves garlic, crushed
- 2 tablespoons flour
- 3 cups chicken broth
- 2 cups milk
- 2 cups cooked, pureed pumpkin or Hubbard or Acorn Squash
- 1 cup whole kernel corn
- 1 tsp ground cumin
- 1 tsp salt
- ½ tsp pepper
- 1 egg yolk
- 1 cup cream
- ½ cup sherry
- 1 cup sour cream
- 1 cup toasted pumpkin seeds

Heat lard. Saute onion and garlic. Blend in flour. Add broth and stir until thickened. Add milk. Bring to boil. Lower heat or transfer to double boiler. Add pumpkin, corn and seasonings. Cook 20 minutes uncovered.

Beat yolk and cream. Add a little hot mixture, then transfer to soup, beating with whisk until thickened, about 3 minutes. Add sherry.

Pour in bowls and top with sour cream and a sprinkling of pumpkin seeds.

EMPAÑADAS

These were made frequently in the Missions.

- 2 cups flour
- 2 tsp baking powder
- 1 tsp salt
- ½ cup shortening
- 1/3 cup ice water
- Oil for frying

Sift flour with baking powder and salt, and cut shortening in with a pastry blender. Add water and knead lightly.

Divide mixture into 12 balls; roll each into a circle 1/8 inch thick. Put 1 spoonful of filling on half of each circle. Moisten edges of circles with water, fold over the filling, and press the edges together. Press fork tines around the edges. Bake in 400° oven for 20 minutes, until golden brown or fry in hot oil (300) until golden, and drain on paper towels. Makes 12.

TAMALES

Husks are sold by the pound. For 2 dozen *tamales* allow about 4 oz. Soak them in very hot water for about 15 minutes or until pliable. Separate the husks. Remove any corn silk, and wrap in a towel to dry. Foil may be used instead of husks. It is easier to handle the *tamales* if they are wrapped in cooking parchment paper even though they are in husks.

MASA (*the dough*)

- 3 cups *masa harina* (*prepared flour for making tortillas, etc.*)
- 1 cup shortening
- 2 cups chicken or pork broth, tepid
- 1 tsp. salt

Cream the shortening. Add part of the *masa harina* and salt. Cream. Add liquid then rest of *masa harina*. Beat until very fluffy. When sufficiently beaten a small ball of the dough will float in water.

Making the Tamales

Choose largest of the husks, or put two together, cementing them with a little of the dough. Be sure husk isn't too wet or the *masa* will not stick.

Spread a thick layer of *masa* on the wide end. Leave the pointed end empty. Put a generous spoonful of the red or green sauce on the *masa* and spread it. Put pieces of chicken, pork or beef or cheese (*shredded*) in center. Bring the two sides over, loosely. Turn up the pointed end. Tie with strip of husk or wrap in parchment paper, twisting the bottom end. Keep as nearly upright as possible.

TAMALE FILLINGS

Chicken Tamales

3 cups cooked chicken shredded very coarsely.
3 cups *salsa colorada*, preferably the one made with dried *chiles*, and cut the liquid down to 1 cup tomato sauce and 1½ cups water. Also add more cumin. If use the *salsa colorada* made with *chile* powder, thicken it with flour.

Pork Tamales

3 cups cooked pork in fairly large pieces
3 or 4 cups *salsa verde* made a little thicker by using little or no extra water.

Beef Tamales

3 cups shredded cooked beef
3 or 4 cups *salsa verde* or *salsa colorada*.

To fill the *tamale*, spread sauce over dough, then put in pieces of meat or fowl, then add more sauce. When it comes to serving, open up the *tamale* but leave it sitting on the husk. Add more sauce, kept aside for this purpose, and heated. Recipes for 12 *tamales*.

Variations: Instead of adding more *salsa colorada*

To fill the *tamale*, spread sauce over dough, then put in pieces of meat or fowl, then add more sauce. When it comes to serving, open up the *tamale*

Variations: Instead of adding more *salsa colorada* when serving, it is nice to top with *chili beans*. Cook beans as usual, rinse, then mix with *salsa colorado*, extra onions and cooked hamburger, if desired.

Add peanuts or almonds and/or raisins to the basic meat or chicken *tamale* recipes for a change of texture and taste.

COOKING THE TAMALES

The *tamales* must steam about 1½ to 2 hours in a kettle with a tight fitting lid. The kettle must be deep enough to hold about 2" of water below the rack on which tamales are placed. The *tamales* should be standing upright and the water must not touch them, but they must be arranged loosely so that the steam circulates around them. Put hot water in the kettle and place the rack so the water is below it. Arrange the *tamales* standing up on the folded end or twisted end if parchment paper is used. Put a cloth over the top of the kettle with the lid on top of the cloth. Keep the water boiling gently. Add water, if necessary, so that it won't boil dry. At the end of 1½ hours, take out a *tamale*, and unroll. If it is cooked the dough will come away from the husk and look and taste cooked. When serving the *tamale*, take off paper if paper is used, unroll husk and fold back under *tamale*. It is well to have some extra sauce hot to pour over the *tamale*.

SALSA COLORADA

Using *Chile* Powder

2 tablespoons lard
8 tablespoons *chile* powder
1 cup tomato sauce
3 cups water
1 tsp sugar
½ tsp ground cinnamon
Salt to taste

Melt lard. Add *chile* powder and cook, stirring, a few seconds. Add tomato sauce, simmer a minute or two. Add water and seasonings. Cook 10 to 15 minutes.

Taste for seasoning. You may wish to add more *chile* powder, or more cumin. The different brands of *chile* powder vary. When you have found one you like you will know what to add.

The *salsa colorada* made with the dried *chiles* has more body and seems to go farther. If you are making 12 *enchiladas* using the *chile* powder you might do well to increase the *chile* powder by 2 tablespoons and add 1 cup more water and 1 cup tomato sauce.

BUNUELOS Traditional Mission Dessert

Makes about 3 dozen

2 cups flour
 ¼ cup sugar
 1 tsp. baking powder
 1 egg
 1/3 cup milk
 2 tbsp. melted butter

Sift dry ingredients together. Beat egg and milk together. Add to dry ingredients. Add melted butter and mix well. Turn out on floured board and knead a few times. Wrap and chill if possible. Pinch off pieces about the size of a walnut. Roll into smooth balls. Roll out very thin, paper thin. Each one should be about 5" or 6" round. It is best to roll out all the *bunuelos*, stacking with paper between before you begin to fry them. Have oil very hot. Drop *bunuelo* in, turn, then turn again if not brown. Drain well on absorbent paper. While still hot, sprinkle with cinnamon and sugar. Traditionally they are served broken into bowls with Piloncillo syrup, and eaten with the fingers.

MEXICAN HOT CHOCOLATE

2 cups boiling water or 2 cups scalded milk
 3 ounces Mexican chocolate, broken into small pieces

In a small heavy saucepan bring water to boil; stir in chocolate; mix over low heat, stirring until the chocolate is melted. Pour the mixture into an earthenware pitcher and whip it to a froth with a wooden *molinillo* or mix in blender for 2 to 3 seconds until frothy. Add cinnamon to make it fit for a party. Serves 2.

POZOLE – PORK AND HOMINY STEW

1 lb. pork neck bones
 2 quarts chicken broth
 ½ cup chopped onion
 3 or 4 cloves garlic
 3 lbs pork cut in 1" cubes
 6 oz. dried California *chiles* (about 12 pods) or 6 tbsp. *chile powder*
 2 cups white hominy
 1 cup cooked beans (use ½ cup kidney beans cooked in 3 cups water.)
 Salt and pepper to taste

In large kettle cook neck bones in chicken broth, with onion and garlic, for about 2 hours. Remove neck bones, cut off meat, and return to kettle. Add pork cubes. Cook 45 minutes.

Remove seeds and veins from dried *chiles*. Soak in boiling water about 20 minutes. Drain. Puree.

At end of 45 minutes test to see if pork is done. Continue cooking if pork cubes are not tender. Add the pureed *chiles* (or *chile powder*), hominy, salt and pepper. Cook 15 minutes.

Serve in bowls with side dishes of:

chopped onions
 oregano
 lemon wedges
 sliced radishes
 salsa picante
 shredded lettuce
 chili pepper flakes

POZOLE (VEGETARIAN)

Early California Style

1 small onion, chopped
 2 garlic cloves, chopped
 Saute in:
 1 tbsp. oil
 Until brown, then add:
 3 cups water or broth
 ½ cup raw kidney beans, washed
 ½ cup raw whole wheat berries or whole rye berries
 1 tsp. mixed herbs
 ½ tsp. mustard seeds or mustard powder
 ¼ tsp. salt
 ¼ tsp. black pepper

Bring to boil; then cover and simmer for 1½ to 2 hours until tender. Add 3 to 4 large leaves of swiss chard, coarsely cut. Simmer about 10 minutes, until tender. Serves 2.

Vinegar — Put 2 gallons fresh water, a pint of dark molasses, and a dissolved yeastcake or powdered yeast packet all together in a wooden vat; cover with a thin sheet of cotton and Eureka! — in 3 or 4 weeks you'll have vinegar.