

Questa Del Rio News

QUESTA • RED RIVER • CERRO • COSTILLA • AMALIA • LAMA • SAN CRISTOBAL

St. Paddy's Day Green Food!

Green Foods for fun

Cream of Broccoli Soup

2 pounds broccoli with stems
1/2 medium onion, roughly chopped
1 small potato, scrubbed and roughly chopped

1 t garlic powder
2 C fresh or frozen green peas
1/8 t freshly ground black pepper
3 T fresh lemon juice (from 1 to 2 lemons)
1 T finely chopped fresh dill
Sea salt to taste
Cut the broccoli into large pieces, keeping the florets separate from the stems. Peel any very tough stems.

Place the stems in a large soup pot and add the onion, potato, garlic powder, and 3 cups water. Bring to a boil over high heat.

Reduce the heat to medium and cook for 10 minutes.

Add the broccoli florets and peas to the pot and cook until the broccoli is very tender, about 15 minutes.

Carefully transfer the soup to a blender, working in batches if necessary, and blend until smooth. (Alternatively, use an immersion blender to purée the soup in the pot until smooth.)

Return the soup to the pot. The consistency of the soup should be moderately thick. Add water if necessary. Stir in the pepper, lemon juice, dill, and salt to taste.

Bring to a boil.

Turn off heat and serve immediately.

Chile Colorado

18-20 dried Red Chile pods
6-8 cloves garlic, peeled
1 onion, chopped
3 Tbsps. Lard or Olive Oil
2 Tbsps. Flour
2 tsp salt
3-1/2 cups water

Clean chile pods by removing stems and seeds. Soak pods in water in large bowl using a plate to weigh down the pods. Preheat oven to 375°. Arrange oven rack on lower half of oven. In cast-iron skillet, combine garlic, onion and lard or oil and season with salt. Roast covered on the lower rack for 25 minutes. Drain chile pods and place them in large Dutch oven covered with fresh water.

Bring to a boil then reduce heat and simmer for 20 minutes.

When the oven timer goes off and veggie mix has roasted, transfer from oven to stove top. Over medium heat, add flour and stir until the roux has browned to a caramel color. Add half a cup of fresh water and stir until it reaches a boiling point. Turn off heat and set aside to cool slightly then puree in a blender and push through sieve. Once chile pods have finished cooking, remove from water and in two or three batches puree them with about a 3/4 cup of fresh water per batch and push through sieve.

Combine with veggie puree and reheat before ladling over fritters. Makes about 6-8 servings.

Recipe courtesy Liddie Martinez

Shamrock Shake

2 C vanilla ice cream
3/4 C whole milk
10 drops liquid chlorophyll or green food coloring
1/4 t mint extract

Whipped cream, sprinkles and cherries

Place the ice cream, milk, food coloring and mint extract in a blender.

Blend until smooth.

Pour into two glasses. Top with whipped cream, sprinkles and cherries, then serve.

Liddie's Torta de Huevo Recipe

6 Eggs, separated
2 1/2 T Flour
1 t Baking Powder
1/2 t Salt
1/2 t Cream of Tartar
1 C oil or lard for frying

Beat egg whites and Cream of Tartar to stiff peaks and set aside. Heat oil or lard over medium high heat in cast-iron skillet. In medium bowl whisk egg yolks, flour, baking powder and salt. Fold in egg whites and drop batter by spoonful into hot oil in batches. Be careful not to crowd the pan. Fry on each side until golden brown (about 10 seconds) and drain on paper towels.



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