



**Healthy Adventures Foundation**  
333 South Ivy, Escondido, CA 92025  
(619) 466-4386, (619) 684-3510 fax  
<http://www.healthyadventuresfoundation.org>

Native American Cooking featuring  
*The Mitsitam Cafe Cookbook*

For those who want to create a feast that celebrates the flavors that Native Americans brought to the table, Chef Richard Hetzler put together an entire menu of options from his award-winning cookbook, *The Mitsitam Cafe Cookbook*.

The recipes are drawn from the Mitsitam Native Foods Cafe at the Smithsonian National Museum of the American Indian, where Hetzler was lead chef until summer 2014.

Reference:  
<https://www.npr.org/sections/thesalt/2014/11/26/366803056/the-native-american-side-of-the-thanksgiving-menu>

Appetizer  
**Pupusas – El Salvador**

### Slaw

2 cups green cabbage, shredded  
1 cup carrots, cut into matchsticks  
½ cup onion, minced  
½ cup pickled jalapenos + juice  
¼ cup vinegar  
½ teaspoon salt

Put all ingredients in a bowl. Toss and let stand at room temperature for 2-3 hours.

### Pupusas

1 cup masa harina  
½ cup water  
1 teaspoons salt  
½ teaspoon ají Amarillo powder or cayenne pepper  
½ teaspoon red or yellow ají limo powder  
½ cup mozzarella cheese, shredded  
½ cup beans, your choice  
1 tablespoon corn or canola oil for frying

In a bowl, combine the masa harina and water. Stir to make a stiff dough. Stir in salt and chili

powders. Divide into 4 pieces, forming each piece into a 5 inch disk. Place 2 tablespoons cheese and 2 tablespoons beans into the center. Fold over edges toward the center to cover the cheese. Flatten gently into a disk about 3 ½ inches.

In a heavy skillet, heat the oil over medium high heat until shimmering. Add the pupusas and cook about 4-5 minutes on each side.

Serve with slaw. Serves 2-4.

Reference: Modified and adapted from Hetzler, Richard (2010). *The Mitsitam Cafe Cookbook*, 15.

Soup  
**Bean and Quinoa Soup – Inka Empire**

Beans  
1 cups dried lentils (or beans of your choice)  
2 cups water  
1 bay leaf  
1 garlic clove

Measure the lentils into a strainer or colander. Pick over and remove any shriveled lentils, debris, or rocks. Thoroughly rinse under running water.

Transfer the rinsed lentils to a saucepan and pour in the water. Add bay leaf and garlic cloves. Bring the water to a boil, reduce the heat to maintain a gentle simmer. Cook uncovered, for 15 - 20 minutes.

Strain the lentils and remove the bay leaf and garlic cloves. Set aside.

1 ½ tablespoons of canola oil  
1 carrot, diced  
½ cup diced onion  
1 cup celery, diced  
½ teaspoon red pepper flakes

In a large stock pot, add all the ingredients and sauté for 3 minutes.



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2 tablespoons garlic

Add garlic to stock pot and cook for another minute.

7 cups chicken stock

Add stock, bring to simmer, and cook for 30 minutes.

½ cup red quinoa (or whatever you can find)  
½ cup black quinoa (or whatever you can find)  
1 pound of mustard greens (or your favorite greens)

Put quinoa and greens in stock pot. Cover and simmer for 30 minutes.

Add cooked beans  
1 teaspoon salt  
½ teaspoon freshly ground black pepper

Add beans and seasoning to pot.

3 tablespoons fresh chervil (or 3 teaspoons dried)

Garnish with chervil and serve. Serves 4-6.

Reference: Modified and adapted from Hetzler, Richard (2010). *The Mitsitam Cafe Cookbook*, 29.

### Fennel Salad with Fig Vinaigrette

#### Fig Vinaigrette

1/3 cup apple cider vinegar (or any other vinegar)  
¼ cup dried figs  
¾ cup extra virgin olive oil  
¼ cup honey  
½ teaspoon kosher salt  
¼ teaspoon freshly ground pepper

In a small saucepan, cook the vinegar over low heat and reduce to half. Turn off heat, add figs and let sit for 15 minutes. Remove figs and chop. Add remaining ingredients, including

chopped figs. Let sit for at least 1-hour before serving.

Salad

1 fennel bulb, trimmed, halved, and cut into thin strips. Reserve some of the fronds.  
3 tablespoons canola oil.

Preheat the oven to 350°. Toss the fennel strips with canola oil and put in a small roasting pan. Roast for 15-20 minutes. Let cool.

2 carrots, cut into matchsticks  
2 parsnips, cut into matchsticks  
6-8 asparagus stalks, trimmed, and peeled into long shavings (1 cup)  
½ teaspoon salt  
¼ teaspoon freshly ground pepper

In a bowl, mix all the ingredients with the vinaigrette. Top with minced fennel fronds.

Serves 4-6.

Reference: Modified and adapted from Hetzler, Richard (2010). *The Mitsitam Cafe Cookbook*, 41.

### Blue Corn Bread - Hopi

¾ cup blue cornmeal  
½ cup yellow cornmeal  
¼ cup sugar  
½ teaspoon salt  
1 tablespoon baking powder  
¼ cup + 2 tablespoons non-fat milk  
1 egg  
1 egg yolk  
3 ½ tablespoons butter, melted

Preheat the oven to 350°. Put all ingredients in a bowl. Whisk but do not overmix. Butter a square baking dish and pour ingredients in. Bake 20-25 minutes. Cut into squares and serve warm.  
Serves 4-6.

Reference: Modified and adapted from Hetzler, Richard (2010). *The Mitsitam Cafe Cookbook*, 139.



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**Grocery List:**

2 cups green cabbage, shredded  
1 cup carrots, cut into matchsticks  
½ cup onion, minced  
½ cup pickled jalapenos + juice  
¼ cup vinegar  
½ teaspoon salt  
1 cup masa harina  
½ cup water  
1 teaspoons salt  
½ teaspoon ají Amarillo powder or cayenne pepper  
½ teaspoon red or yellow ají limo powder  
½ cup mozzarella cheese, shredded  
½ cup beans, your choice  
1 tablespoon corn or canola oil for frying  
1 cups dried lentils (or beans of your choice)  
2 cups water  
1 bay leaf  
1 garlic clove  
1 ½ tablespoons of canola oil  
1 carrot, diced  
½ cup diced onion  
1 cup celery, diced  
½ teaspoon red pepper flakes  
2 tablespoons garlic  
7 cups chicken stock  
½ cup red quinoa (or whatever you can find)  
½ cup black quinoa (or whatever you can find)  
1 pound of mustard greens (or your favorite greens)  
1 teaspoon salt  
½ teaspoon freshly ground black pepper  
3 tablespoons fresh chervil (or 3 teaspoons dried)  
1/3 cup apple cider vinegar (or any other vinegar)  
¼ cup dried figs  
¾ cup extra virgin olive oil  
¼ cup honey  
½ teaspoon kosher salt  
¼ teaspoon freshly ground pepper  
1 fennel bulb  
3 tablespoons canola oil.  
2 carrots, cut into matchsticks  
2 parsnips, cut into matchsticks  
6-8 asparagus stalks, trimmed, and peeled into long shavings (1 cup)

½ teaspoon salt  
¼ teaspoon freshly ground pepper  
¾ cup blue cornmeal  
½ cup yellow cornmeal  
¼ cup sugar  
½ teaspoon salt  
1 tablespoon baking powder  
¼ cup + 2 tablespoons non-fat milk  
1 egg  
1 egg yolk  
3 ½ tablespoon butter, melted