

Still Hungry?

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As a maturing nation, we're well beyond the impetus behind the Homestead Acts of the 1800s and the accompanying necessity for self-sufficiency, however, the ethos of holistic self-reliance (or at least community-reliance) is ever alive and admirable in Northern New Mexico. Of course, these days, such an approach is generally a lifestyle choice and not a necessity, but that doesn't make it any less challenging or gratifying. And many businesses are making similar choices, as evidenced by the four restaurants we've featured this month. Local Flavor is just as passionate as are The Kitchen, Opuntia, Old Town Farm and Roots Farm Café when it comes to simplicity, modesty, thriving outside the hubbub and the value of doing it yourself. And in the DIY spirit, we've collected a recipe from each restaurant so you can recreate the goodness in your own kitchen.

The Kitchen

In The Kitchen's kitchen, a restaurant that seats about 20 for lunch on the grounds of Plants of the Southwest, you enjoy what you might expect—a primarily plants-based meal. Open in the only season Chef Olive Tyrrell can easily draw creatively from local farmers' bounty, The Kitchen has a naturally built-in sustainability practice.

ROASTED BEETS WITH FRENCH LENTILS AND TAHINI SAUCE

(Serves 2 to 4, with extra sauce)

3 large beets, cut into medium chunks
Olive oil, separated, about 1 cup in all
1 cup each finely diced onion and carrot
½ cup finely diced celery
4 or 5 garlic cloves, chopped
1 cup lentils du puy
4 cups stock or water
1/3 cup tahini paste
5 or 6 Tablespoons tamari
Juice from 2 lemons
Olive oil
Salt and pepper
2 Tablespoons chopped fresh rosemary
Splash of red wine vinegar
Mint leaves for garnish



Kitty Leaken



For the Beets: Place peeled and cut beets into an oven dish and drizzle with about 3 Tablespoons olive oil and salt and pepper to taste. Add 1/4 cup water, cover with foil, bake at 400 degrees for approximately an hour or until tender.

For the Lentils: Dice vegetables and 2 or 3 garlic cloves and sauté in olive oil for 5 to 10 minutes over medium heat until softened. Add salt to taste. Add lentils and rosemary and stir to coat. Pour in 4 cups of liquid of your choice, stock or water. Bring to a boil then simmer until lentils are cooked. About an hour, or hour and a half.

For the Tahini sauce: Blitz tahini paste, 1 or 2 garlic cloves, tamari, lemon juice, 5 to 6 Tablespoons olive oil, salt and pepper in a food processor, adding a bit of water to create a smooth consistency.

To serve: Plate lentils and arrange beets on top, drizzle with tahini sauce, a sprinkle of red wine vinegar and extra olive oil and cracked black pepper. Garnish with chopped fresh mint leaves.

Old Town Farm

From the Old Town Farm kitchen, you can enjoy dishes that use produce from the farm's long-time garden and orchard. The following recipe is what owner Linda Thorne calls a "happy accident," the result of a failed effort to make scones years ago. Her husband, Lanny Tanning, loved it, and thought others might as well, so it's now on their menu.

SKOOKIES

(Makes 2 dozen large or 3 dozen smaller skookies)

Dry ingredients:

3½ cups all-purpose flour
1¼ cups sugar
1½ teaspoons baking powder
1½ teaspoons baking soda
1 teaspoon salt
(Use powdered sugar for topping.)

Wet ingredients:

1 cup butter—chilled and cut into chunks (keep frozen until ready to prepare dough)
1 cup buttermilk
1 Tablespoon vanilla
1 cup small frozen berries (separated)

Preheat the oven 350 degrees. Mix dry ingredients together. By hand, add butter chunks, and mix to form dough. Add buttermilk and vanilla. Carefully add berries. Roll or pat out on floured surface to ½-inch thick. Cut out with small cookie cutter. (Re-use scraps being careful not to crush berries.) Dough can be frozen at this point in layers between waxed paper for up to two weeks. Bake for 10 to 15 minutes, turning at halftime.



Joy Godfrey



The Kitchen is located at 3095 Agua Fria St. in Santa Fe, 505.465.9535, thepswkitchen.tumblr.com.

Old Town Farm is located at 949 Montoya Street NW in Albuquerque, 505.764.9116, oldtownfarm.com.

Roots Farm Café

In the Roots Farm Café kitchen, located on a horse-powered farm in the mountains south of Tijeras, the cooks use fresh produce grown on location as well as sourced from local farms and producers in the Albuquerque area.

BOLITA BEAN SOUP AND CORNBREAD WITH CHICOS

(Serves 5-6)

Bolita Bean Soup

3 cups dry Bolita beans (pinto beans can be substituted)
2 teaspoons salt
2 teaspoons cumin
1 teaspoon oregano
1 teaspoon New Mexico red chile powder
3 quarts water
1 cup diced tomatoes
1/3 cup New Mexico green chile
Juice from 1 lemon
1 Tablespoon salt
Wash beans and soak for at least 12 hours. Strain and rinse the beans. Add the salt, cumin, oregano, red chile and water to the beans and cook in the pressure cooker for two hours. Stir in the tomatoes, green chile and lemon juice after the beans have been cooked. While the soup is cooking, start your cornbread. Preheat the oven 400 degrees.

Cornbread with Chicos

1½ cups finely ground cornmeal
½ cup flour
¼ cup sugar
1 Tablespoon baking powder
1 teaspoon salt

Mix all the above ingredients together, then add:
1 cup buttermilk
1/3 cup canola oil
2 eggs

After mixed, fold in:

¼ cup chicos
¼ cup green chile
½ cup diced carrots

Add the batter to a greased 8-inch by 8-inch glass baking dish and bake in the oven for 33 minutes. Serve the soup with the hot cornbread on the side with a pad of butter, or go ahead and plunk it directly into the soup.



Opuntia

The minimalist, open-design kitchen at Opuntia reflects the brains and heart behind the venture as well as the food, which is colorful, thoughtful, clean and delicious. Locally sourced, the ingredients in the Santa Fe Bowl conspire to deliver a power dish of healthiness.

SANTA FE BOWL

(Serves 4)

To prepare quinoa:

1 cup quinoa, red and/or black, rinsed and drained (yields 3 cups cooked quinoa)
1 ½ cups water
½ teaspoon salt
1 teaspoon red chile/Chimayo chile powder

Rinse and drain quinoa. Bring water and salt to a boil in a medium saucepan. Add quinoa and chile powder, stir. Cover and cook over low flame for about 20 minutes or until all liquid is absorbed and quinoa has “sprouted.” Remove from heat and keep covered.

For the black beans:

2 cups black beans, cooked
½ teaspoon ground cumin
½ teaspoon ground coriander
½ teaspoon red chile powder
1 Tablespoon green chile, diced
½ teaspoon salt
Combine all ingredients, warm over low heat just before serving. Keep covered.

For the cilantro chimichurri:

1 cup, packed parsley leaves
1 cup, packed cilantro, with stems
2 cloves garlic, finely chopped
2 Tablespoons lemon juice
2 Tablespoons red wine vinegar
¼ teaspoon salt
¼ teaspoon red chile flakes
1/3 cup olive oil
Chop parsley and cilantro together (coarsely). Add garlic and remaining ingredients. Adjust acid and salt as needed.

For the garnish:

1 whole avocado, ½-inch dice
½ cup Tucumcari cheddar, grated
½ cup cilantro chimichurri
½ cup roasted prickly pear, diced

To serve:

1/4 cup garlic oil, or olive oil
1 cup fresh corn
1 cup zucchini, ½-inch dice
½ cup green onion, thinly sliced
14 cherry tomatoes, halved
1/4 cup green chile, diced
4 cups spinach
Prepared quinoa, beans, chimichurri, garnish (see above)

Warm oil in large sauté pan. When

hot, add corn and zucchini and sauté for a couple of minutes over medium heat. Add green onion, cherry tomato, green chile and toss together. Add spinach and cook for another minute to wilt. Scoop 3/4 cup quinoa in the middle of each bowl. Spoon ½ cup black beans in the middle of quinoa. Spoon the corn/zucchini mix over the quinoa/black beans. Garnish with the cheese, diced avocado, chimichurri and prickly pear.



Kitty Leaken

Roots Farm Café is located at 11784 N.M. 337 in Tijeras, 505.900.4188, rootsfarmcafe.com.

Opuntia is located at 922 Shoofly St. in Santa Fe, opuntia.cafe.