

MESQUITE RECIPES

MESQUITE PANCAKES

Measure the following dry ingredients into a glass jar. (Double or triple to store in gallon jar.) Shake to mix. 1 c. mesquite meal, 1 c. whole wheat flour, 1 c. unbleached flour, 1 T. baking powder, 1 ½ t. baking soda, 1 ½ t. salt. When ready to make pancakes, whisk together in a bowl: 1 egg, 1 T. oil, 1 c. buttermilk, or fresh milk with 1 T. vinegar added. Add a cup of the dry mix to the liquid and whisk together. Add more milk to thin batter. Cook on hot griddle and enjoy with mesquite or prickly pear syrup or agave nectar.

Mesquite Tea : Break 1 lb. of dry mesquite pods into pieces. Rinse & cook in 1 gallon water in crock pot for 12 hrs. Strain. Serve hot or iced with a little agave nectar to taste or sprinkle of cinnamon.

Apple Nut Mesquite Muffins (12 muffins)

¼ cup mesquite meal 2 eggs
 1/2 cup whole wheat flour 1/3 cup oil
 ¾ cup unbleached flour ½ cup yogurt or milk
 2 t. baking powder 1/3 cup agave nectar
 ½ teaspoon salt 1 t. vanilla
 1 cup chopped apple ½ cup chopped nuts
 Combine mesquite meal, flours, baking powder, salt, apple and nuts in a large bowl. Beat eggs in separate bowl, add vanilla, agave nectar and oil and mix. Gently combine flour mixture and wet ingredients. Bake 25 minutes at 350 F or until toothpick inserted into muffin removes clean.

Mesquite Zucchini Bread

½ cup mesquite meal 2 eggs
 ½ cup whole wheat flour ½ cup oil
 1 cup unbleached flour 1 cup chopped walnuts
 1 t. cinnamon 1 t. lemon zest
 ¼ t. nutmeg ½ cup agave nectar
 ¼ t. salt 2 cups grated zucchini
 1 t. each baking soda & powder
 Grease an 8 by 4 by 2 loaf pan. Combine dry ingredients in a medium bowl. Beat eggs and beat in oil, agave nectar, lemon zest and grated zucchini. Gently add wet to dry ingredients, folding until just mixed. Pour into loaf pan and decorate with whole walnuts if desired. Bake for 50 minutes at 350 F or until toothpick inserted in center comes clean.

LEMON POPPY SEED SCONES

½ c. mesquite meal ½ t. salt
 1 c. unbleached flour 1 c. yogurt
 ¾ c. whole wheat flour 1 t. lemon zest & peel
 2 t. baking powder ¼ c. agave nectar, maple sugar
 1 t. baking soda ¼ c. oil
 2 T. poppy seeds
 Mix dry ingredients. Mix wet ingredients & add to dry until just combined. Drop heaping rounded tablespoons onto ungreased baking sheets. Bake 10 mins at 425 F.

MESQUITE GRANOLA

3 c. rolled oats ½ c. dry roasted peanuts
 ½ c. almonds 1/3 c. oil
 1 c. sunflower seeds 2/3 c. honey
 ½ c. sesame seeds 2/3 c. peanutbutter unsalted
 1 c. shredded coconut ½ t. salt
 1 c. mesquite meal
 Heat large, heavy pan. Lightly toast oats, almonds and sunnies, then sesame & coconut & finally mesquite. Combine in large bowl. Bring oil, honey, p. butter & salt to a boil & combine with oat mixture. Spread on baking sheet & bake for 25 mins. at 250 F. stirring frequently. Store up to a month in covered jar. About 8 cups.

MESQUITE ALMOND COOKIES

1 c. butter 2 c. unbleached flour
 ½ c. brown sugar ½ c. w. wheat flour
 2 eggs ½ c. mesquite meal
 1 ½ t. vanilla 2 t. baking powder
 1 c. sliced almonds ½ t. salt
 Cream wet ingredients. Mix in dry ingredients. Teaspoon dough onto ungreased pan. Bake 8 to 10 mins. at 400 F.

MESQUITE CORNBREAD

¾ c. each of cornmeal and flour
 ¾ to ½ c. mesquite meal
 2 tsp. baking powder
 1/2 tsp. each baking soda and salt
 1 c. yogurt
 2 eggs
 ¼ c. honey
 3 Tbs. oil or ½ c. butter
 Combine dry ingredients. Combine the wet and stir into dry until just mixed. Spread into greased 8 by 8 pan. Bake 25 mins at 350. For Southwest kick: Add 1T. chipotle (dried, smoked jalapeno) & ¾ cup fresh or frozen corn kernels.

Recipes Adapted from the following Cookbooks:

Mesquite Meal Recipes by San Pedro Mesquite Company

From Furrow to Fire: Recipes from the Native Seeds/SEARCH Community

Using Native Foods at www.omick.net

Mesquite Recipes by PROMEZ

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