This is just one example of what we do at CJS. For more on other initiatives and events, connect with CJS in Sturm Hall 157, at www.du.edu/ahss/cjs or at cjs@du.edu

Don’t forget to check out our:
• Flyers for upcoming events
• CJS Self-Guided Walking Tour Map
• Hebrew Language Program
• Jewish Historical Society
  • And more!
Dedicated to diversity, inclusion, and a sustainable public good, CJS works not only to promote deeper understanding of Judaism, but deeper respect — not just tolerance — for people, texts, and ideas from all cultures, religions, and backgrounds.

Thank you for joining us.
Across the United States, communities and individuals are changing their diets by reorienting their recipes and pantries toward ingredients native to the lands of their ancestors. Since no one is able to return to the exact diet of past people, the decolonizing food movement seeks to bring forward the fruits of the land that were central to pre-colonial diets.

The move toward a decolonized diet inspires great creativity in the kitchen and produces a wonderful array of healthy, natural recipes created with body and earth in mind.

Resources for more information & recipes:

- Chef Freddie Bitsoie: http://www.freddiebitsoie.com
- Luz Calvo & Catriona Rueda Esquibel, Decolonize Your Diet: Plant-Based Mexican-American Recipes for Health and Healing
- Facebook Page for “Decolonize Your Diet”
- First Nations Development Institute - Recipe Project http://www.firstnations.org/recipes
- Lois Ellen Frank, Foods of the Southwest Indian Nations: Traditional & Contemporary Native American Recipes

Key foods indigenous to the Southwest

Here are just a few examples of foods that grow naturally across the United States, and are featured in decolonized diets:

- The “three sisters”: corn, beans & squash
- Amarnath
- Allspice berries
- Avocado & leaves
- Cashews
- Chiles
- Cinnamon
- Hibiscus flowers
- Honey
- Jicama
- Maple
- Mesquite flour
- Nopales (cactus paddles)
- Oregano
- Piloncillo (sugar cane)
- Pumpkin & seeds
- Quelites (“wild greens”)
- Quinoa
- Tequesquite (mineral for flavoring & leavening)
- Vanilla

How does your heritage & location shape your experience of food?
**Tortillas**

Tortillas have been made by Native peoples in the Southwest and throughout Mexico for centuries. Making tortillas is considered by some to be an art form in itself. For the novice, it can be time-consuming and a bit difficult, but fresh, warm tortillas make the process worthwhile. Tortillas keep well in the refrigerator for about 5 days when covered in plastic. Reheat using a griddle or open flame.

Blue Cornmeal Tortillas.

- 2 cups very finely ground blue cornmeal
- 1 cup flour
- 2 tsp salt
- 2 tsp baking powder
- 4 tbsp lard or vegetable shortening
- 1 cup plus 3 tablespoons water or milk
- Cilantro leaves or other fresh herb (optional)

Mix the blue cornmeal, flour, salt, and baking powder together in a bowl. With your hands, work in the lard and 1 cup water or milk until completely mixed and pliable. Gradually mix in the remaining water, 1 tablespoon at a time, to make a stiff dough that is dry enough not to stick to a wooden work surface or tortilla press. You may not need all of the remaining water.

Knead the dough in a bowl for 5 minutes. Pinch off about 1 ½ tablespoons of dough and roll it into a ball between your palms. Press into a flat circle on the work surface and place a cilantro leaf in the center. Roll the dough out with a rolling pin or place in a tortilla press between two sheets of plastic and flatten to make round cakes, 6 to 7 inches in diameter and no thicker than 1/8 inch.

Heat a large cast-iron skillet or griddle over medium-high heat. Brown the tortillas, as many as will fit on your skillet or griddle, for about 3 minutes on each side. While the other tortillas are cooking, keep the finished tortillas warm between clean, folded kitchen towels.

Makes about 20 tortillas

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**Apricot Sauce**

- 2 cups apple cider
- ½ cup sugar
- 18 fresh apricots, skinned, pitted, and quartered, or 2 16-oz. cans apricots, drained, or 1 cup dried apricots

Note: Dried apricots must be reconstituted before cooking. Soak them overnight in a bowl with water to cover.

Bring the apple cider to a boil in a saucepan over high heat. Add the sugar and stir constantly until the sugar has dissolved, about 1 minute.

Add the apricots and again bring to a boil. Let boil for 30 minutes, stirring occasionally, until the apricots are soft and only a small amount of liquid is left on the bottom of the pan. If the consistency is too thick, add more apple cider.

Serve hot or place in the refrigerator to chill. The sauce will keep for 1 week in a covered container.

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**Peach Honey**

- 1 pound fresh, frozen, or dried peaches, peeled, pitted, and sliced
- 3 tbsp honey
- 1 tsp freshly squeezed lemon juice

Note: If using dried peaches, soak them in warm water to cover for 1 ½ hours, until soft and pliable. Remove skins with your fingers, then proceed with the recipe, adding an extra tablespoon honey, if necessary, to compensate for the tartness of the dried fruit. If using frozen peaches, follow the recipe as explained below.

Blend all ingredients together in a food processor for 3 minutes to make a smooth puree. Pour into a squeeze bottle. The honey can be kept in the refrigerator for 1 to 2 weeks.
Yellow corn tortillas are traditionally made from ground dried hominy or from a lime-treated corn mixture called nixtamal. From this a masa is made and used for tortillas. It is a time-consuming process. For greater convenience, masa harina, a basic mix for making this dough, is available in most supermarkets. When using the commercial mix, follow the manufacturer’s instructions for making the masa.

Yellow Cornmeal Tortillas.

- 2 cups masa or masa harina
- ½ tsp salt
- 1 1/3 cups warm water

Using your hands or a wooden spoon, mix together the masa and salt in a bowl. Add the water and mix until the dough holds its form. It should be a stiff but pliable dough, still dry enough not to stick to a wooden work surface or tortilla press.

Knead the dough in the bowl for 5 minutes. Pinch off about 1 ½ tablespoons of dough and roll it into a ball between your palms. Press into a flat circle on the work surface. (As in the Blue Cornmeal Tortillas recipe, you can add cilantro leaves or other fresh herbs at this point by pressing a leaf into the dough.)

Roll the dough out with a rolling pin or place in a tortilla press between two sheets of plastic (you can cut a plastic freezer bag into two pieces for this) and flatten to make round cakes, 6 to 7 inches in diameter and no thicker than 1/8 inch.

Heat a large cast-iron skillet or griddle over medium-high heat. Brown the tortillas, as many as will fit in your skillet or griddle, for about 2 minutes on each side. While the other tortillas are cooking, keep the finished tortillas warm between clean, folded kitchen towels.

Makes 15-18 tortillas

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Many tribes and pueblos throughout the Southwest grow sunflowers. The most common of these is the annual sunflower, which grows wild in open, undisturbed areas where there is a little extra water available. These plants need very little care, grow fairly quickly, and produce a nutritious seed that is delicious when ground. Sunflower seeds, rich in vitamins, minerals, and oils, have been used widely by Indians for centuries, parched and eaten whole or ground into flour.

Seeds put through a grinder can be mixed with flour or cornmeal for mush, bread making, soups, and stews and can be made into cakes. Whether raw, roasted, or ground, sunflower seeds are a delicious addition to many recipes. Sunflower cakes make an excellent breakfast dish or can be eaten as a snack anytime.

- 3 cups shelled sunflower seeds
- 3 cups water
- 5 tbsp finely ground blue cornmeal
- 1 tbsp sugar
- ½ cup vegetable oil

Combine the sunflower seeds and water in a saucepan and bring to a boil over high heat. Reduce the heat and simmer, uncovered, 15 minutes, until almost all of the water has evaporated.

Remove from the heat and drain the excess water from the seeds. Place the seeds in a food processor. Add the blue cornmeal and sugar and process 3 minutes, until the seeds are completely ground. If there are still whole seeds around the edges of the food processor, scrape them into the center with a spatula and process again until they are ground, about 1 minute more. The dough will be quite thick.

With your hands, shape the dough into round cakes about the size of silver dollars. In a large skillet, heat the oil until it is hot but not smoking. Place the cakes in the pan and brown them for 2 to 3 minutes on each side, turning once. Remove from the oil and pat dry with paper towels.

Serve warm with jam, honey, or apricot sauce.
Chipotle Salsa

Smoky, tangy, spicy goodness! This roasted salsa is a great way to feature your homemade Chipotles en Adobo. The addition of xoconostle, if available, adds a sour-sweet note. If xoconostle is not available, feel free to substitute tomatillos.

- 2 whole plum tomatoes
- 1 small onion, sliced into ½ - in rounds
- 4 unpeeled garlic cloves
- 4 xoconostle or 4 tomatillos, husks removed
- 2 tbsp minced Chipotles en Adobo, canned
- ¼ cup loosely packed cilantro leaves
- ½ tsp sea salt
- ½ tsp lime juice

Heat a dry griddle on high for 5 minutes. Place tomatoes, onions, and garlic on griddle. Cut xoconostle in half, remove seeds, and place on griddle, cut side down. Turn tomatoes, onions, garlic, and xoconostle until slightly charred on all sides, about 5 minutes.

Remove skin from tomatoes, xoconostle, and garlic. Place in a food processor and pulse several times to combine. Don’t over-process; salsa should be a bit chunky.

Add chipotles, cilantro, salt, and lime juice and pulse to combine until small flecks of cilantro are scattered throughout salsa.

Taste and adjust seasonings, adding more chipotle if a spicier salsa is desired.

Sift cacao, salt, and amaranth flour into a separate bowl and fold mixture into batter. Pour batter into prepared cake pan and bake for 25-30 minutes, until edges are set, but center still jiggles a little and a toothpick inserted in middle comes out with moist crumbs.

Place cake on a wire rack to cool for 1 hour. Loosen edges of cake with a knife, the release spring-form from pan and cool completely before serving.

For topping: Spoon coconut cream into bowl of an electric mixer and whip until it is light and fluffy and holds soft peaks. Serve cake in thin slices garnished with fresh berries and a dollop of coconut cream.
Chocolate Amaranth Cake

This special occasion dessert has the delicate consistency of flourless chocolate cake while also delivering solid nutritional value. The amaranth and sweet potato provide protein and fiber to balance the sweetness of the honey. In addition, cacao may help to prevent heart disease and alleviate depression. This gluten-free recipe, using 100 percent whole foods, is a delicious and healthy way to enjoy chocolate! Because this cake is dense and rich, we recommend serving small slices.

- 5 oz. bittersweet chocolate (70% cacao), coarsely chopped
- 1/2 cup extra virgin coconut oil
- 3/4 cup raw local honey (mild-flavored, runny variety, such as clover)
- 1/2 cup cooked pureed sweet potatoes
- 1/2 tsp pure vanilla extract
- 4 large eggs
- 1/4 cup raw ground cacao
- 1/4 tsp sea salt
- 1/3 cup amaranth flour
- 6 oz. fresh raspberries
- 15.4 oz. can coconut cream (not coconut milk), refrigerated

Preheat oven to 350°F (180°C). Generously grease a 9 inch spring-form pan with softened coconut oil.

In a double boiler or heatproof bowl set over a saucepan of barely simmering water (make sure bottom of bowl doesn’t touch water), melt chocolate with oil, stirring with a heatproof spatula until smooth. Remove top of double boiler or bowl from heat and set aside.

Place honey in bowl of an electric mixer and beat at high speed for about 3 minutes, until fluffy. Lower speed to medium and beat in sweet potato and vanilla, then beat in melted chocolate. Add eggs one at a time, beating for 1 minute after each addition and scraping sides of bowl as needed. After last egg is added, beat mixture for 5 minutes (this will add volume to cake).

Sweet Potato Tacos & Red Cabbage Slaw

These tacos are a nicely balanced bite: you get sweet, crunchy, creamy & spicy all at the same time!

- 2 sweet potatoes, peeled and diced
- 2 tbsp olive oil
- 1 tsp sea salt
- 1/4 tsp white pepper
- 1/4 tsp ground chipotle
- 10 corn tortillas
- Red Cabbage Slaw
- 1 cup Cashew Crema
- 1 cup Chipotle Salsa

Preheat oven to 400°F.

In a mixing bowl, thoroughly toss sweet potatoes with oil, salt, pepper, and chipotle. Place in a 9 x 13 inch baking dish and bake for 30-45 minutes, or until sweet potatoes are cooked through.

Heat dry griddle on high for 3-5 minutes. Reduce heat to medium and warm tortillas, about 1-2 minutes per side. Assemble tacos by placing a spoonful of sweet potatoes on each tortilla. Top each taco with cabbage slaw, Cashew Crema, and salsa.

Red Cabbage Slaw:
- 1/2 head red cabbage, cored and finely shredded
- 1 large carrot, cut into fine julienne
- 1/4 cup chopped cilantro leaves.
- 1 bunch green onions, diced
- 1 tbsp lime juice
- 1 tbsp orange juice
- 1/2 tsp pure maple syrup
- 1 tbsp extra virgin olive oil
- 1 garlic clove, peeled and minced
- 1/2 tsp sea salt
- 1/4 tsp white pepper
In a salad bowl, toss together cabbage, carrots, cilantro, and green onions. In a small bowl, whisk together remainder of ingredients to make a light dressing. Toss cabbage mixture with dressing. Taste and adjust seasonings.

**Cashew Crema**

A satisfying, healthy vegan alternative to cheese, this has the consistency of Mexican creme, a tangy loose sour cream that is a popular topping on Mexican dishes. We recommend Cashew Crema as a vegan alternative to queso cotija and queso fresco. Put some in a squeeze bottle and add as a last-minute garnish to any dish.

- 1 cup raw cashews, soaked overnight and rinsed well
- 1/2 cup water
- 2 tbsp lemon juice
- 1/2 tsp sea salt
- 1/8 tsp white pepper

Place all ingredients in a blender and process until smooth. A high-speed blender works best, but a regular one is fine. Scrape sides often. Keeps refrigerated 3-4 days.

Soak the beans overnight in water to cover. The next day, drain, rinse with cold water, and place them in a saucepan with fresh water to cover. Bring to a boil over high heat, then decrease the heat, and simmer for several hours until the beans are soft and the skins begin to split. Add water when necessary to keep the beans from drying, and stir occasionally to prevent them from burning and sticking. Remove from heat, drain, and allow to cool.

In a bowl, toss together the beans, greens, and rice. Cover and chill in the refrigerator for at least 30 minutes.

In a blender, combine the oil, vinegar, chives, garlic, lemon juice, pepper, and salt. Blend at high speed until the chives and garlic are finely pureed.

Pour the dressing over the salad and garnish.
This soup is called "alchemy" because the ingredients make magic together. Rich and creamy, it is a perfect soup for winter months. Chipotle adds a smoky note, but use only a little. Cinnamon adds flavor complexity and helps regulate blood glucose levels.

- 7 lbs cooking pumpkin, squash, or 3, 15-oz cans of pumpkin purée
- 1 white onion, chopped
- 2 tbsp extra virgin coconut oil
- 4 garlic cloves, chopped
- 1 tsp cumin seeds, toasted and ground
- 1 tsp coriander seeds, toasted and ground
- ½ tbsp Chipotles en Adobo canned, minced
- 1 cinnamon stick, preferably Ceylon or canela Mexicana
- 4-6 cups vegetable stock
- 1 tsp dried oregano, preferably Mexican
- 1 tsp sea salt, more to taste
- ¼ cup raw, hulled pumpkin seeds (pepitas)
- 1 tbsp lime juice
- ½ tsp pure maple syrup
- 6 leaves cilantro
- ½ cup Cashew Crema

To roast the pumpkin or squash whole, remove middle or upper rack from the oven. Leave one rack near the bottom. Preheat oven to 375°F (190°C). Using a sharp knife, pierce the squash four or five times, just enough to let the steam escape.

Place squash on a baking sheet, and bake for 60 to 90 minutes, until a knife can be easily inserted into the flesh. Allow squash to cool and cut in half. Remove the seeds. The skin should peel away easily from the flesh. If necessary, use a knife or peeler to help.

In a large pot on medium-high heat, sauté onions in oil for 5-6 minutes, stirring often. Add garlic, cumin, coriander, and 1 tbsp chipotle. Stir to combine and cook for 1 minute. Add pumpkin, cinnamon stick, vegetable stock, oregano, and salt. Bring to a simmer, then reduce heat to medium-low, and cook for 30 minutes.
In a dry, hot frying pan on high heat, toast pumpkin seeds until they start to puff up or turn brown, about 3 minutes. Remove pumpkin seeds from pan and set aside.

Remove cinnamon stick from soup. With an immersion blender, purée soup until creamy or, working in batches, use a blender (be careful when blending hot liquids!). Cover blender lid with a folded dishtowel and hold in place. Pulse once and open blender to allow steam to escape. Repeat this process twice and then begin to blend starting on low and building up to high speed.

If soup is too thick, add water, a little at a time. Return soup to pot, and add lime juice and maple syrup. Taste and adjust seasonings. For a spicier soup, add more chipotle en adobo.

Adjust levels of spice, salt, acid, and sweet until soup has the perfect balance between these elements.

Serve in bowls, each garnished with toasted pumpkin seeds, a cilantro leaf, and Cashew Crema.

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In the United Farm Workers’ movement, the folk song “De Colores” uses the image of multiple colors to signal appreciation for biodiversity in the fields, in the people, and in the beauty of creation. We use this principle in creating this dish because we strive to eat fruits and vegetables of every color each day. Get your “five a day” in this zesty grilled salad, while at the same time benefitting from the blood sugar-stabilizing properties of the cactus. This is best prepared in the fall, when the vegetables are freshly harvested.

**Nopales “De Colores” Salad**

In the United Farm Workers’ movement, the folk song “De Colores” uses the image of multiple colors to signal appreciation for biodiversity in the fields, in the people, and in the beauty of creation. We use this principle in creating this dish because we strive to eat fruits and vegetables of every color each day. Get your “five a day” in this zesty grilled salad, while at the same time benefitting from the blood sugar-stabilizing properties of the cactus. This is best prepared in the fall, when the vegetables are freshly harvested.

- 6 nopal paddles, cleaned, spines removed
- 2 fresh poblano chiles
- About 1 tbsp extra virgin coconut oil
- 2-3 ears of corn, to make 2 cups kernels
- 1 orange bell pepper
- ½ red onion, finely diced
- Seeds of 1 pomegranate (optional)
- 4 oz crumbled queso cotija (optional)

**Vinaigrette**

- 1 garlic clove
- ¼ tsp sea salt
- 2 tbsp red wine vinegar
- 1/8 tsp white pepper
- 4 tbsp extra virgin olive oil

**For the topping:**

- 2 tbsp grated kefalotiri, Parmesan, or kashkaval cheese
- 1 tbsp dried breadcrumbs
- A few knobs unsalted butter

Heat grill (or grill pan) to medium-high heat. Lightly coat nopal paddles and poblano chiles in coconut oil. Shuck and clean corn. Place nopales, poblanos, whole bell pepper, and corn on grill. Cook for 5 min., then turn. Continue to cook until each vegetable is cooked through, about 15 – 20 min. Remove corn when just slightly charred on all sides. Poblanos and bell pepper need to be thoroughly charred. When vegetables are sufficiently cooked/charred, remove from grill and set aside.