

## Tubac Presidio State Historic Park Tubac

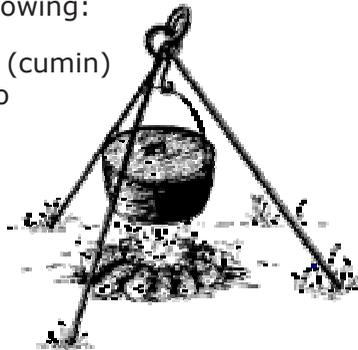
### Spanish Settlements

The food staples of the average "Spaniard" of the 17th and 18th centuries in the Americas differed little from that of the natives. Most references to the diets of all but the wealthiest non-Indians are documented in multiple accounts. The regular use of maize and chocolate was described in "Description of the Province of Sonora", written in 1794-95. Carne asada was the preferred preparation of beef, a method of cooking contrary to the European method of boiling.

### CARNE SECA

Use roast beef or brisquet. Cook in crock-pot on low until most moisture is gone, approximately 12 to 18 hours. Meat should be crispy. Pull meat into shreds. Simmer for one hour in following:

- ½ teaspoon comino (cumin)
- ½ teaspoon oregano
- 1 small onion
- 2 cloves garlic
- 1 cup chili Colorado
- 3 green chilis
- 5 tomatos
- 1 teaspoon salt
- 1 cup water



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## Fort Verde State Historic Park Camp Verde

### The Soldiers

Hardtack is a thick cracker made of flour, water, and sometimes salt. When properly stored, it will last for years. Because it could be prepared cheaply and would last so long, hardtack was the most convenient food for soldiers, explorers, pioneers, or anyone else who needed to be able to pack light and move fast. Hardtack was eaten by itself, or crumbled into coffee. Probably more were eaten that way than in any other, as they were usually eaten as breakfast and supper. Sometimes they were crumbled into soups, which they served to thicken.

### ARMY HARDTACK RECIPE

- 4 cups flour (preferably whole wheat)
- 4 teaspoons salt
- water (about 2 cups)

Mix the flour and salt together in a bowl. Add just enough water (less than two cups) so that the mixture will stick together, producing a dough that won't stick to hands, rolling pin or pan. Mix the dough by hand. Roll the dough out, shaping it roughly into a rectangle. Cut the dough into squares about 3 x 3 inches and 1/2 inch thick.

After cutting the squares, press a pattern of four rows of four holes into each square, using a nail or other such object. Do not punch through the dough. The appearance you want is similar to that of a modern saltine cracker. Turn square over and do the same thing to the other side.

Pre-heat oven to 375° F. Place the squares on an ungreased cookie sheet in the oven and bake for 30 minutes. Turn each piece over and bake for another 30 minutes. The crackers should be slightly brown on both sides. The fresh crackers are easily broken but as they dry, they harden and assume the consistency of fired brick.

Makes about 10 pieces

## Slide Rock State Park Oak Creek Canyon, Sedona

### An Apple a Day

Homesteaders in Oak Creek planted fruits and vegetables for their families and for sale. Celebrate the harvest, play historic games, learn about sustainability - then and now - during Slide Rock's Annual "Apple Fest" held in September. Check [www.azstateparks.gov](http://www.azstateparks.gov) for details.

### APPLE CAKE

- 3 apples
- 1/2 cup butter
- 1 cup sugar
- 2 eggs
- 1 tablespoon soda
- 1 cup sour milk
- 4 cups flour



Stew 3 apples and let cool. Take one-half cup of butter, 1 cup of sugar, 2 eggs, 1 tablespoonful soda, 1 cup of sour milk, 4 cups of flour, cinnamon, cloves and nutmeg; then the 2 cups of apple sauce and 2 cups of molasses and mix together. Bake in moderate oven. When done, spread with whipped cream.

### BROWN BETTY

Pare and chop six apples. Place a layer of apple in a well-buttered pudding dish, then a layer of bread crumbs; sprinkle with brown sugar and cinnamon; repeat until the dish is full; add several generous lumps of butter and pour sweet milk or hot water on until it comes within an inch of the top of the pan. Bake in a moderate oven until brown and serve with plain or whipped cream.

### BAKED APPLE PUDDING

-From Caroline Riordan's recipe collection  
Stir 2 tablespoons butter, 1/2 cup sugar to cream. Stir in this yolks of 4 eggs beaten. Juice and grate rind of one lemon and 1/2 dozen sound green apples grated. Now stir in 4 beaten egg whites. Season with cinnamon or nutmeg. Bake. Serve with cream.

## Riordan Mansion State Historic Park Flagstaff

### **Statehood Families**

*When you think sustainability, a visit to the kitchen of the Riordan Mansion will give you the sense that this is not a new idea. Its wood-burning stove also heated the water for the household. The home's air conditioning took the form of opening skylight windows that naturally pulled cool air from the first floor windows and out the attic. Two brothers, who happened to be married to two sisters, built the Riordan Mansion in 1904. Their duplex type home reflected the popular Arts and Craft style, completely modern for the time with electricity, plumbing and a phone. The guided tour will open up the world of these families who were hallmarks during the time when Arizona was struggling toward statehood.*

*Here are some recipes selected from Caroline Riordan's original collection.*

Yeast and its action:

Compressed yeast is usually yeast obtained from the froth of beer.

### **HOMEMADE YEAST**

5 small or 4 large grated potatoes  
1/2 cup sugar  
2 tablespoons salt  
1 quart boiling water  
1 yeast cake mixed with 1/2 cup lukewarm water

Add grated potatoes to boiling water and boil for 5 minutes while stirring. Cool; add sugar, salt and yeast cake mixture. Pour into a stone or glass jar, cover and let stand in a warm place for three hours or more. Each time mixture reaches top of jar; stir it down. Do this until fermentation ceases then put away in a cool place. Cover.

Use 1/2 cup full of this in place of a yeast cake when making bread or biscuits. Use until there is only 1/2 cup full left, then prepare according to recipe above, using the 1/2 cup full of yeast in place of the yeast cake.

### **BOSTON BROWN BREAD**

1 pint rye flour  
1 quart corn meal  
1 cup graham flour  
1/2 cup molasses or brown sugar  
1 teaspoon salt  
2/3 cup home make yeast

Mix into (as) stiff a dough as can be stirred using warm water for wetting. Let rise several hours or overnight. In morning or when light (porous) add 1 teaspoon soda dissolved in spoonful warm water. Beat well and turn into greased pans and let rise again. Bake in moderate oven from 3 to 4 hours.

## Boyce Thompson Arboretum State Park Superior

### **The Desert Sustains**

*A visit to the arboretum will satisfy your taste for desert plants that consume little water in the landscape. Although many of the plants come from other parts of the world, most do well here in our arid climate. We should be encouraged to learn about and utilize these plants. In addition to conserving water many desert plants are also sources of nutrition.*

### **PRICKLY PEAR JELLY**

Hints on prickly pears: Pick fruit with tongs. Medium-ripe fruit is best. Singe fruit over flame to remove spines. Scrub with stiff vegetable brush. For most recipes, fruit should be peeled.

6 cups peeled, thinly sliced prickly pear fruit  
1/2 cup water  
1 2-ounce package powdered pectin  
5 cups sugar  
paraffin, melted

Makes 6 cups

Boil fruit and water 15 – 20 minutes. Press through a sieve, then strain through cheesecloth. Add pectin to the juice: bring to a rolling boil. Add sugar and bring to a boil again for 5 minutes. Remove from heat: skim. Pour into sterilized jars. Pour paraffin on top of jars to seal.

## Parks' Palate - Arizona State Parks -



## Homolovi Ruins State Park Winslow

### **The Three Sisters**

*For many American Native people the triad called the Three Sisters: corn, or maize, beans and squash remain the heart of most indigenous diets. An interesting fact about this food trinity is that they are all interdependent on one another. Beans grow up the corn stalks and add nutrients (Nitrogen) to the soil that the others need to grow. Squash is planted in between them to keep weeds out. Southwestern Nations, like the Navajo and Hopis use the ancient irrigation methods of their ancestors to grow a colorful collection of corn. These people harvest cactus, plant vegetables and chilies, and raise sheep, which are rarely eaten, but provide the abundance of wool used for their beautiful woven rugs. Many an Indian legend has been woven around the "Three Sisters" - sisters who would never be apart from one another - sisters who should be planted together, eaten together and celebrated together.*

### **THREE SISTERS CORN CASSEROLE**

1 pound frozen whole kernel corn  
1 pound frozen green beans  
4 cups summer squash, diced (about 1 pound)  
1 pint fat free sour cream  
1/2 cup egg substitute, beaten  
4 tablespoons margarine, melted  
1 cup yellow cornmeal  
1/2 cup jalapeno peppers, diced  
1/2 cup reduced fat Monterey Jack cheese, diced  
Vegetable oil spray

In a large mixing bowl, mix sour cream and egg substitute together. Add remaining ingredients and mix well. Coat a baking pan or casserole dish with vegetable oil spray and fill with mixture. Bake at 350 degrees Fahrenheit for 45 minutes until golden brown. Serves 10 (1 cup) servings.