

Three Sisters Pastilla (Vegetarian)

This is a take on a menu item we had when I was an intern at the Coyote Café in Santa Fe, NM. Phyllo or puff-pastry can be used. I like to use puff as it is easier to work with and seems to hold up a little better the next day for re-heating. This recipe can be made with meat as well. I suggest cooking up a flattened 3 oz patty of chorizo and adding it as the top layer so all that goodness moves its way through the grilled vegetables.

The name comes from using the three most essential ingredients in many of the tribes in the southwest like the Aztec, Anasazi, Ute, and Navajo. The three sisters were maize, beans, and squash.

Grilled summer squash, tomato, red onion, and a blend of Jack and queso fresco cheeses wrapped and baked in a pastry. Served with black bean and corn salsa and black bean sauce

Three Sisters Pastilla with black bean-corn salsa and black bean sauce

Yield: 4 servings

Ingredients

Salsa

1 can black beans, drained and liquid reserved

2 cups frozen yellow corn, thawed and dried on a paper towel

½ medium red onion diced to be the same size as the corn and beans

1 ea clove of garlic, peeled and minced

1 ea serrano seeded and minced

Juice of 2 limes

¼ cup rough chopped cilantro

TT Salt and black pepper

Method

1. In a large bowl add all ingredients and mix well
 - a. Optional step: Heat a cast iron pan over medium high heat and add corn keeping it moving until it smells like popcorn and has a light brown color or some blackened spots
 - b. Move corn to a plate and allow to cool before using.
2. Season to taste

Three Sisters Pastilla (Vegetarian version)

Yield: 4 servings

Ingredients

2 sticks unsalted butter, melted

1 package prepared puff pastry dough (or make your own!) (Prepare to manufacturer instructions)

Olive Oil (enough to coat vegetables)

2 ea Zucchini, sliced ½ in thick and trimmed

2 ea Yellow squash, sliced ½ thick and trimmed

2 ea Red onion, peeled and kept whole, sliced into ½ in rings

2 ea Beefsteak tomato, sliced ¾ in thick

1 ea package of Queso Fresco cheese, shredded or chopped

8 oz shredded jack cheese (use pepper jack for a little extra kick!)

2 T Italian Herbs

1 T Cumin

½ T Chili powder

TT S&P

Method:

1. Vegetables

- a. Toss prepared vegetables in olive oil, Italian herbs, cumin, chili powder, and season to taste.
- b. Grill or roast vegetables until tender. (I prefer grilling. If roasting make sure vegetables are not laying on the roasting pan directly, use a cookie cooling rack to keep air circulating)
- c. Remove and allow to cool on cooling rack.

2. Pastilla

- a. Pre-heat oven to 350 F
- b. Dust clean surface with flour or cornmeal. Cut 3 each 4 inches wide and 10 inches long strips of the dough. This is for 1 pastilla. So you will need to do this step 4 times.
- c. Place one strip of dough onto the clean and dusted surface.
- d. Brush with melted butter.
- e. Lay another layer of dough on top so that the two pieces form an "X" shape and brush new strip with melted butter

- f. Lay the third strip over the other two so you form a snow-flake shape “*”. Brush with melted butter.
- g. Begin assembling the pastilla layers. The bottom layer will be the top layer of the finished pastilla so I suggest using your highest moisture ingredients there first.
 - i. Cheese: ¼ cup blended jack and queso
 - ii. Cooked chorizo patty if making a non-vegetarian version)
 - iii. Tomato
 - iv. Squash
 - v. Onion
- h. Brush dough with butter and begin to fold dough over and seal with butter to form a little pastry package, using the butter to help seal the dough to itself.
- i. Gently, turn the pastilla over and place on a greased cookie sheet
- j. Brush pastillas with melted butter and season with salt and pepper
- k. Bake until golden brown and remove. Serve hot.

Black Bean Sauce

Yield: 1 Cup

Ingredients

1 c reserved black bean liquid from Black bean-corn salsa

½ c beer (I suggest a Vienna style lager)

Juice of 1 lime

1 T cumin

1 T Italian herbs

1 t Chipotle powder

½ T Chili powder

¼ t ground cinnamon

½ t ground coriander

TT S&P

¼ c Cilantro, chopped

Method

1. In 1 quart sauce pan add black bean liquid, beer, and lime juice.
2. Bring to a simmer until reduced by half and thickened slightly.
3. Season with spices and salt and pepper to taste.
4. Simmer 5 min longer. Adjust with water if needed.
5. Finish with cilantro.