

Spring 2022

Hi City of Scottsdale Students,

Welcome to your Arizona Food History cooking class. Attached below you will find the recipes and supply lists you need for class:

- Mesquite Chocolate Chip Cookies
- 3 Sisters Tepary Bowl
- Southwest Sunset Smoothie
- Grocery List
- Kitchen Supply List

Please carefully read through the recipe, and print it out before we get in the kitchen together.

Next, use the grocery list and go shopping.

Then, check you have all the necessary supplies in your kitchen to whip up a feast.

If you have any dietary restrictions, kitchen equipment concerns, or questions, please reach out. I'm happy to answer your questions, and make accommodations before class.

See you soon,

Chef Amber Sampson

A.L.Sampson09@gmail.com

The recipes and techniques in this class are adapted from, "*Southwest Archeology*," "*A Desert Feast*," and have been adapted to teach for this program. Thank you to my mentors and friends in the O'odham Nation, Arizona's original residents, on who's land we occupy in the City of Scottsdale

Chef Amber's Mesquite Chocolate Chip Cookie

Prep time: 10 minutes Wait time: 2 hours Cook time: 15 minutes Total time: 2.25 hours
Makes 10-12 cookies

Ingredients:

- ½ cup (1 stick) unsalted butter, melted
- 1 teaspoons espresso powder
- ½ cup granulated sugar
- ¾ cup light brown sugar, packed
- 1 teaspoon kosher salt
- 1 large egg
- 1 teaspoon vanilla extract
- ¾ cups all-purpose flour
- ½ cup mesquite flour
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- 1 TBS cinnamon
- 4 ounces semi-sweet chocolate chunks
- 4 ounces dark chocolate chunks
- 1 TBS flakey salt for sprinkling on top.



Directions:

- 1) Melt butter, and add whisk in espresso powder
- 2) In a large bowl, whisk together the granulated and brown sugar, salt, and butter until a paste forms with no lumps.
- 3) Whisk in the egg and vanilla, beating until light ribbons fall off the whisk and remain for a short while before dissolving.
- 4) Sift in the flour, mesquite flour, cinnamon, baking soda and baking powder. Be sure to fold with a spatula until just incorporated. (Be careful not to over mix, which will cause the gluten in the flour to toughen, resulting in more cake like cookie).
- 5) Fold in the chocolate chunks.
- 6) Chill the dough for 2 hours or overnight. The longer the rest, the better the flavor.
- 7) Preheat the oven to 350°F
- 8) Line 2 baking sheets with parchment paper.
- 9) Using an ice cream scoop or a ½ cup measure, scoop the dough onto the prepared baking sheets, leaving at least 4 inches of space between each cookie and 2 inches (5 cm) of space from the edges of the pan so that the cookies can spread evenly.
- 10). Bake for 12-15 minutes, or until the edges have started to lightly brown.
- 11) Sprinkle with flaky salt, and let rest a few minute before transferring to a plate or cooling rack to cool. Let cool completely before serving.
- 12) Enjoy! These last 1 week at room temperature in a sealed container.

Chef tips:

- This recipe can be made gluten free, if you use oat flour, or Bob's 1-1 Gluten Free Flour

Chef Amber Sampson's Southwestern Three Sisters Tepary Bowl Recipe

Serves 2-4 Prep Time: 10 Cook time: 20 minutes Total time: 30 minutes

Tools:

- 8" Sauté Pan
- Can opener
- Chef Knife
- Spatula
- Measuring spoons

Ingredients:

- 2 cups cooked tepary beans (sub for cans of cooked black beans)
- 1 green bell pepper
- 1 red bell pepper
- 2 yellow zucchini
- 2 cups frozen/cooked/or fresh corn
- 1 6oz can of fire roasted tomatoes
- 2 Prickly pear cactus paddles (nopales)
- 1 TBS Cilantro, chopped
- 1 tsp salt
- 1 tsp pepper
- 2 TBS grape seed, avocado, or other high smoke oils
- 1 lime
- Optional: 6oz cotija cheese

Directions:

- 1) Chop and clean nopales to a small dice
- 2) Chop bell peppers and zucchini to a small dice, you want everything to be around the same size, so it all cooks evenly. Try and not make anything twice as big as the corn and tepary beans
- 3) In a skillet on a very high heat, add in oil and bell peppers, to get a nice char. Cook for 1-2 minutes, then lower the heat and add in zucchini, and nopales, cooking for 5 minutes until tender
- 4) Add in fresh corn and 1, 6oz can of fire roasted tomatoes, salt and pepper
- 5) Add in tepary beans and cook until everything is warm
- 6) Plate in a bowl and top with a squeeze of lime juice, a shake of your favorite hot sauce, and a crumble of cotija cheese

Chef tips: Here are other ways I enjoy this bowl as a salad, and wrap...

- The next day, when the ingredients in the bowl are cold, toss them in a salad with your favorite dressing for an easy make ahead meal.
- When it's warm, you can serve this on a corn tortilla with avocado, and tomato salsa, for a beautiful soft taco.
- At room temperature, this is lovely if you take a tortilla, and give a creamy spread of tepary hummus and top with the mixture for an easy lunch wrap on the go.

Chef Amber Sampson's Southwestern Sunset Smoothie Recipe

Serves 1-2 Prep Cook time: 10 minutes Total time: 10 minutes
Serves 1-2

Tools:

- Blender
- Cutting board to remove date pits
- Cup and straw

Ingredients:

- 1 cup frozen peaches
- 1 cup yogurt of choice
- 6 pitted Black Sphinx dates
- 1 tsp. cinnamon
- ½ cup water
- ½ cup orange juice
- ½ cup prickly pear syrup (sub for pomegranate juice and 1 tsp. local honey)



Directions:

- 1) In a blender, with liquid on the bottom, pour in; water, orange juice, yogurt, frozen peaches, cinnamon and dates.
- 2) Blend on high for 1 minute until smooth.
- 3) Pour into glass and top with prickly pear syrup for sunset colors

Chef tips:

*For more fiber and protein in this smoothie, add carrots and your protein powder of choice.

*Prickly pear products can be sourced from Native Seed/SEARCH

Arizona Meal Grocery List:

- 1 cup frozen peaches
- 1 cup yogurt of choice
- 6 pitted Black Sphinx dates
- 1 tsp. cinnamon
- ½ cup water
- ½ cup orange juice
- ½ cup prickly pear syrup (sub for pomegranate juice and 1 tsp. local honey)
- ½ cup (1 stick) unsalted butter, melted
- 1 teaspoons espresso powder
- ½ cup granulated sugar
- ¾ cup light brown sugar, packed
- 1 teaspoon kosher salt
- 1 large egg
- 1 teaspoon vanilla extract
- ¾th cups all-purpose flour
- ½ cup mesquite flour
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- 1 TBS cinnamon
- 4 ounces semi-sweet chocolate chunks
- 4 ounces dark chocolate chunks
- 1 TBS flakey salt for sprinkling on top.
- 2 cups cooked tepary beans (sub for cans of cooked black beans)
- 1 green bell pepper
- 1 red bell pepper
- 2 yellow zucchini
- 2 cups frozen/cooked/or fresh corn
- 1 6oz can of fire roasted tomatoes
- 2 Prickly pear cactus paddles (nopales)
- 1 TBS Cilantro, chopped
- 1 tsp salt
- 1 tsp pepper
- 2 TBS grape seed, avocado, or other high smoke oils
- 1 lime
- Optional: 6oz cotija cheese

Having trouble finding some items, email me: Chef Amber A.L.Sampson09@gmail.com
Or Check online at Native Seed/SEARCH, Ramona Farms, or in person at the Farmers Market in Old Town Scottsdale, Food City or the Native Market in Scottsdale

Arizona Meal Kitchen Supply List:

- Blender
- Cup and straw
- 8" Sauté Pan
- Can opener
- Chef Knife
- Spatula
- Measuring spoons
- Measuring Cups
- 2 large bowls
- Cutting board
- Whisk
- 2 rubber spatulas
- Zester/Microplane
- Glass liquid measuring cup
- Parchment paper
- 2 baking sheets