

## **Mesquite Flour**

Pioneers used this flour as a stretcher when "real" flour began to run out. For the original people, of course, it was flour.

Use only tree-ripened beans, tan to reddish brown, (Important! Green Beans Don't Work and always check for bugs!) Sun dry or oven dry; or parch carefully. Rough-grind pieces (1-2 inches) in a muddle or on a similar stone surface. Mortar and pestle will do for small amounts. Re-grind until a rough but uniform meal is produced. Sun dry or oven dry again (Important Step) Fine -grind to produce a flour roughly the consistency of cornmeal. Do not sift. Use as a substitute for flour or half and half in any recipe.

Useful in flour tortillas, biscuits, bread, or mush.

One may shape into small cakes and sun bake or oven bake, using only water (or milk if available) and a little oil or fat.

## **Mesquite Molasses**

4 quarts water

1 LB Mesquite pods (washed)

Place water and pods in a covered crock pot and cook at low heat for 12 hours. Strain, then reduce by boiling to the consistency of thin syrup. Cool and serve the thick, bold syrup on pancakes or Texas Toast.

## **Mesquite Flour Tortillas**

1-1/2 cup white flour

1/2 cup mesquite flour

3 Tbs. oil

1/2 tsp. salt

1/2 cup warm water

Mix together dry ingredients. Use a wooden spoon to stir in oil, then water, making a ball. Knead for 2 minutes, then cover and let sit 20 minutes. Divide into 12 balls, then flatten into 1/8" disks and cook in a dry skillet at medium temperature. When slightly brown (appx. 2 minutes), turn and cook the other side 1 minute. If you plan to use the cooked tortillas at a later time you can store them in a plastic bag.

## **Mesquite Bean Wine**

3 lb. green mesquite beans  
1 cup chopped golden raisins  
2-1/2 lb. granulated sugar  
water to make up one gallon  
1-1/2 tsp. acid blend  
1/2 tsp. pectin enzyme  
1 tsp. yeast nutrient  
wine yeast

Wash the bean pods and break them into one-inch pieces. Put them into a large cooking pot and cover them with about 7 pints water. Simmer slowly for one hour, covered. Strain the beans off and discard. Pour the water into a primary and stir into it half the sugar. Stir well to dissolve the sugar, then add chopped raisins. Cover with cloth and set aside to cool. When at room temperature, add acid blend, yeast nutrient and pectin enzyme. Stir to dissolve these ingredients and set aside, covered, for 12 hours. Add activated yeast and recover. Stir daily for 7 days. Strain off and discard the raisins, stir in remaining sugar until dissolved, transfer to secondary, top up, and fit airlock. Rack into clean secondary, top up and refit airlock every 30 days for next 4 months. Stabilize, bottle and allow to age one year before drinking. This wine will keep well, getting better as it ages.

## **MESQUITE BEAN JELLY**

half bushel mesquite beans  
2 cups tart plum juice or 1 cup lemon juice  
1 box jelling agent  
7 1/2 cups sugar

Pick half bushel of mesquite beans without bug holes. Select beans that are succulent, yet mature enough to have red tinge on the pods. Wash the beans and snap into small pieces. Add plum or lemon juices. Cook 1 hour in 3 to 4 quarts of water. Drain the juice and save.

Place 5 cups of juice in a pan, bring to a boil and add jelling agent while stirring vigorously. Bring the mixture to a boil that

cannot be stirred down; then add sugar and cook 5 more minutes.  
Pour into glasses and jars and allow to cool.

### **Mesquite Pinole (Mesquite Flour Punch)**

2 Tablespoons finely ground, sifted mesquite flour.

One cup of water.

Combine and stir.

Let stand for 2 or 3 minutes.

Strain.

Add seasonal fruit juices, if desired.

Sweeten with mesquite syrup or sugar.

### **Mesquite Bean Syrup/Jelly/Sugar**

Pick the beans from the tree after they are ripe - - tan to reddish brown.

An apron full.

Break pods into short lengths.

Cover with water and boil slowly for 45 minutes.

Mash with a potato masher or the like.

Strain through cheese cloth.

Set first brew aside.

Boil the mashed pulp again for 45 minutes with water to cover.

Strain again.

Discard pulp.

Combine again, strongly over high heat at first, then low until liquid becomes light to medium syrup.

Add pectin or Sure-Jell and lemon juice (1/2 lemon for each of cups of liquid) for jelly.

Continue boiling, carefully, until crystallization, for sugar.

### **Basic Mesquite Broth**

(Wet Method)

This sweet, caramel-like broth is the basis for many delicious recipes.

4 cups broken mesquite pods 8 cups water

Place the broken mesquite pods in a large pot, cover with the 8 cups of

water, cover, and boil for one hour. Cool. Wring and tear the pods in the broth, stirring and mashing the sweet pith into the liquid. Or put one cup of the pods and just a little of the broth into a food processor fitted with a steel blade and whirl until the pods are shredded. Repeat until all pods are shredded. Return the material to the broth and stir. The object is to get as much of the pulp into the broth as possible. Drain off the liquid and discard the fiber. Simmer the liquid uncovered until reduced to 3 cups.

### **Mesquite Carrot Soup**

Serves Two to Three  
by Jolene Allred

2 tablespoons butter 1 cup mesquite broth  
3 cups sliced carrots  
½ cup chopped onion 1 cup whole milk  
1 large clove garlic, minced Fresh ground white pepper  
½ cup water

In a large saucepan with a lid, melt the butter. Quickly sauté the carrot, onion, and garlic. Add the water, cover the pan, and simmer until tender. Puree carrots in blender or food processor. Return to saucepan. Add mesquite broth and milk. Season with fresh ground white pepper. Heat. Recipe is easily doubled.

### **Mojave Mesquite Bread**

1 c Finely ground and sifted mesquite meal  
1 c Whole wheat flour  
1 Tsp. Baking powder  
1 Tsp. Baking soda  
2 Tlb. Oil  
¾ c Water

Combine dry ingredients. Add oil and water and mix until dough forms a ball and cleans the sides of the bowl. (Because mesquite beans and meal have a tendency to pick up any moisture from the atmosphere, the amount of water needed will vary with the weather). Lightly grease a cookie sheet or flat pan.

Form the dough into a half-sphere loaf on the pan. Bake for 30 minutes at 350 degrees.

### **Sautéed Mesquite Salmon**

2 lbs

Salmon

2 - 3 teaspoons

Mesquite Meal

1/2 teaspoon

Salt

1/2 teaspoon

Black Pepper

1/2 teaspoon

Granulated Garlic

2 Tablespoons

Olive Oil

Heat sauté pan to medium heat. (An indoor grill or oven may be used if preferred) Cook salmon that's 1-1/2 inch thick for about 6 to 7 minutes each side.

Rub olive oil onto salmon.

Cut salmon into portions if you're using filets.

Then sprinkle salt, garlic and Mesquite meal over Salmon.

When salmon is done add black pepper.