



THE INTERNATIONAL CULINARY SCHOOLSSM

at The Art Institutes

The American South west region comprises the arid deserts and mountains of New Mexico and Arizona. When the Spanish arrived to the Southwestern United States in the early 1600's they were amazed that the Native American settlements, called pueblos had developed irrigation systems to sustain their crops of, corn, beans and squash. The culture and food of the Southwestern States United is similar to that of Mexico, as is the topography and climate. Calabacita means squash in English.

Calabacitas con Maize

Amount

3 tablespoons

4 ounces

2 cloves

16 ounces

3 ounces

10 ounces

5 ounces

¼ teaspoon

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Ingredient

Butter

Onion, small dice

Garlic, minced

zucchini, small dice

New Mexico green chile peppers, small dice

Corn kernels

Tomato concassee

Dried mint

Salt and Pepper

PROCEDURE

Melt the butter in pan over medium heat.

Add onions, sauté until translucent.

Add garlic when onions are almost translucent.

Add zucchini, chiles and corn kernels.

Cover, lower heat and cook for about 3-5 minutes until vegetables are tender.

Stir in mint, season to taste with salt and black pepper.