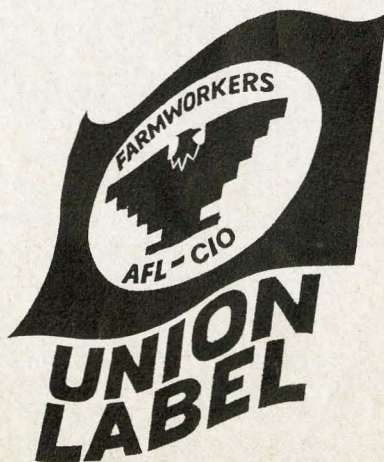


A FARMWORKER Cookbook



Recipes from the
people who bring
food to your din-
ner table.



WEST TEXAS COFFEE-CAN BEANS

2 cups pinto beans	1/2 lb. fat salt
1 #2 can tomatoes	pork, cut in 1
1 large onion, cut	inch squares
coarsely	1 dried red chili,
1 clove garlic	seeds and stem
1 tsp. salt	removed

Soak beans overnight in plenty of cold water. Use a #2 coffee can or large can with a tight-fitting lid in which you have punched a pin hole with a small nail. Wash soaked beans, place in can, cover with water, and add remaining ingredients.

Bring to boil, press the lid down tightly, and barely simmer for at least 24 hours.

CHILE RELLENO

1 cup ground beef	1/4 tsp. pepper
1/2 cup chopped onion	2 4 oz. cans green
1/2 tsp. salt	chiles (cut in
1-1/2 cups cheddar cheese	half and seeded)

In skillet brown beef and onion. Add in cumino hot sauce, salt & pepper. Drain fat.

Put half of chiles in baking dish. Sprinkle with half of the cheese and top with meat mixture. Put rest of chiles on top of meat mixture. Put rest of chiles on top of meat mixture and sprinkle with rest of cheese.

Make a sauce out of the following ingredients mixed together and pour on top.

1-1/2 cups milk	4 eggs, beaten
1/4 cup flour	dash pepper
1/2 tsp. salt	

Bake at 350° for 45-50 min. or until knife comes out clean.

TABULI (Arabic)

Take 1 lb. of bulgar wheat in a bowl with enough cold water to cover plus 2 inches. Soak about 1/2 hour. Should be softened but firm. Don't let it get soggy. As grains swell, make sure the water still covers it. Drain excess water and add salt and one minced clove of garlic. Transfer to large pot, being sure that all the water is squeezed out. Add to bulgar: 4 or 5 soft tomatoes chopped into good-size chunks, 1 bunch green onions sliced chunky with both white and green parts used, and one to two bunches of parsley chopped fine. Mix in 3/4 cup lemon juice and equal amount of olive oil. Taste for salt or more lemon. Refrigerate and serve with cabbage.



FLAUTAS

Shred roast beef or cooked chicken--about 1/2 cup of meat per person. Warm corn tortillas on grill (no oil) just to soften them a bit. Spread a little meat along one edge and roll tortilla around it using a toothpick to hold it together. You've got the right amount of meat inside if the flauta is about the size of a hot dog (without bun). Fry the flautas in 1/4 inch of oil in a frying pan until they have become crisp on all sides. Remove from pan and drain. Serve with sauce either over the flautas or as a dip.

Sauce: mash one avocado with 2 tbsp. of sour cream. Season with salt, pepper, garlic powder, and chile (juice from jar of chile peppers, salsa jalapena, or any other form of chile). If a thicker sauce is desired, use 1 peeled fresh tomato instead of sour cream.

STUFFED GRAPE LEAVES

Pick about 60 grape leaves--large ones but while they are still tender. Wash them and put them into a pot of water with juice of one lemon and 1/4 cup oil (olive oil or soy oil gives a better flavor). Simmer this for about 2 hours (until tender).

Saute one cup of rice in a little oil for five minutes. Cover with water about one inch higher than the rice; add some parsley and cook until rice is done but still firm.

Use 2 lbs. of ground meat (lamb or beef or combination). Sprinkle with rosemary (about 1 tsp.), savory (about 1/2 tbsp.), tarragon (about 1/2 tbsp.), and a little bit of oregano. Add salt and pepper and mix well. Saute one minced clove of garlic with one large chopped onion. Add meat. When it is almost cooked, add enough red wine to cover the meat, juice of 2 lemons, and some fresh mint, and simmer 10 minutes. Let meat and rice cool and then mix them together.

Place 1 tbsp. of this mixture on vein side of destemmed leaf. Roll it, starting from bottom and turning in edges as you roll. Place them close together in a large baking pan. Cover with 1/3 cup lemon juice and 2/3 cup oil. Bake at 250° for 15 minutes. Leave them in refrigerator overnight before serving.

TACOS

1 doz. corn tortillas	1-1/2 large tomatoes,
1/2 lb. hamburger	sliced
1 onion, minced	1/3 head shredded lettuce

Fry hamburger meat. Add onion and salt. Then dip tortillas, one at a time, in hot fat and remove them immediately. Then spread hamburger thinly on half of tortilla. Add lettuce and tomato. Fold over half and fasten with toothpick.

MUSTARD GREENS WITH SALT PORK (Okie)

Cut up salt pork and fry until crisp. Drain off all but 1/4 inch of fat. Tear chilled mustard greens into strips about 1/4 inch wide and put into hot fat (bacon grease is as good as salt pork). Keep heat at medium temperature and turn greens often until they are wilted. Cover and turn down heat to steam them 5 min. Add salt and pepper to taste.

ENSALADA MEXICANA

1 head of Farm Worker Union lettuce	1/2 cup Thousand Islands dressing
1 medium tomato	1/2 cup taco sauce
1/2 pkg. corn chips, crushed	1 lb. ground beef
1 can red kidney beans	1 medium onion, chopped

Mix together Thousand Island Dressing and taco sauce. Refrigerate.

Cook ground beef and onion. Drain off grease and add 1 can red kidney beans. Toss with lettuce. Add dressing and top with avocado.

ADOBU (Filipino)

This recipe is for chicken, but Adobu can also be made with beef or pork.

1 chicken--cut up	3 tsp. pickling spices
1/4 cup water	1 tsp. fresh garlic, mashed
1/4 cup vinegar	
1/2 cup soy sauce	1/2 tsp. salt

Cut up meat and rinse with cold water. Put all ingredients in a pot; mix well. Cook over low heat for 1-1/2 hours, stirring occasionally. Pork and beef take about 2-1/2 hours.

FRIJOLES REFRITOS

Refried beans are rather tedious to prepare, because they require long, slow cooking and considerable mashing. But they freeze beautifully, so you can make enough for several meals.

For a large amount of frijoles refritos (enough for about 30 servings) cover 9 cups pinto beans with 6 quarts warm water, and cook until tender (about 2 hours). Add 1 tbsp. salt after the beans are tender. Drain, but save the liquid.

Melt 2 cups lard or bacon drippings in a large, heavy pot. Add 2 cups beans and mash them with a potato masher until smooth. Add some bean liquid, then more beans. Mash as before, repeating until all the beans and liquid have been used. Cook slowly, stirring occasionally, until of the desired thickness, then add 1 more cup of lard or bacon drippings, and continue cooking until the beans dry out slightly.

Serve in desired portions; freeze the rest.

ENCHILADAS

1 doz. corn tortillas	1/2 lb. shortening
1 pkg. cheese	2 cans enchilada
1 onion	sauce

Chop onions, heat shortening in frying pan. Dip tortilla, take out, dip in enchilada sauce. Put on plate, add onion, cheese, and then roll.

MEXICAN MILK CANDY

Equal parts of evaporated milk and sugar. Boil, stirring continuously, until it thickens and turns caramel-colored (about 1/2 hour).

Remove from heat and stir in 1 tbsp. of butter or margarine. Stir while it cools. Add pecans or walnuts if desired. Drop by teaspoonful onto plate or cookie tin. Eat when hardened.

GALLINA CON MOLE

Cut up one chicken. Boil in two quarts of water for 45 min.

Melt 1/2 cup shortening or lard in a frying pan. Put in 1 cup flour. Brown. Add one 28 oz. can of Las Palmas chili sauce. Stir. Add the water the chicken was boiled in (about 4 cups). Then add chicken, salt, and garlic salt. Serve with Spanish rice.

WE ARE THE CAMPESINOS of the rich soil of this land; we are the poorest poor, the forgotten, whose destiny has been controlled by the lucky few who have plenty. Our lot was tossed about by law-makers, and then cast aside for final burial deep in the archives of Congress.

WE ARE CAMPESINOS who bring food to the American table three times a day. In the fields we work from sunrise till sunset, under the hot sun of summer, in the freezing cold of winter for slave wages in order to survive...to feed and clothe our children.

WE ARE THE CAMPESINOS who were pitted one race against another, storing hatred in our hearts instead of understanding for each other. We were exploited, fired and replaced on the spot, and discriminated against by the greedy few.

TO YOU, THE AMERICAN PEOPLE, we brought our problems over six years ago. We went on strike. The conscience of American and nations across the sea responded to help us win the justice and dignity long denied. Our victory is a scratch on the surface, a beginning for just a few but a hope for millions of Campesinos and other poor everywhere.

OUR TRAIL IS LONG AND HARD. In our darkest hour you gave us light and strength. You have given of yourselves, pulled and prayed for us. You have walked with us on the picket line in the rain. You participated in our everyday life. You have learned of our sufferings as we have learned of your hearts of gold.

TO ALL OF YOU AND TO THE HUNDREDS OF THOUSANDS of beautiful people across this land we reach out and give you our love and gratitude.

WE ARE FIGHTING FOR THE RIGHTS you take for granted. We are fighting for:

- * a living wage
- * security on the job
- * protection from hazardous working conditions and pesticide poisoning.
- * a medical plan for the whole family
- * DIGNITY

Look for the FARM WORKERS' BLACK EAGLE UNION LABEL on produce. It is a symbol of justice.

Please co-operate with the FARM WORKERS' BOYCOTTS.

WE CAN WIN. WE WILL WIN!

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