

# CHEF IN RESIDENCE RECIPES

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**CHEF SHOLA OLUNLOYO**  
JANUARY 13 - FEBRUARY 6



“In Nigeria, food is the focal point of every celebration, as much for nourishment as for joy. These recipes, informational videos and more highlight the cultural foodways at the heart of Nigerian community—and also integrate the knowledge and technique from my personal journey as a chef through Southeast Asia, East Asia, Europe and West Africa. My cuisine is not competing with tradition; it’s an evolution of tradition.”

From January 13 to February 6, Chef Shola Olunloyo executed his residency at Stone Barns as our first resident in a series of four. He explored Yoruba Southwest Nigerian cuisine, while highlighting differences and similarities among global cuisines.

After cooking through some of the toughest kitchens in the industry, Philadelphia-based chef Shola Olunloyo has spent the two decades with his experimental project, Studiokitchen, a kitchen lab where he plays with food and equipment to enhance his understanding of culinary arts and develop projects for restaurants and foodservice manufacturers. At Stone Barns, he explored farm ingredients from goat to Otto File corn, bringing a flavor-forward approach with extensive fermentation.

The residency was supported by Chef Bill Yosses, former White House Executive Pastry Chef during the Bush and Obama administrations, who collaborated with Shola for the residency’s West African influenced pastry program. Bill has also dived headfirst into a series of initiatives benefiting children’s health—from partnering with Michelle Obama for the Let’s Move Initiative to serving as culinary director for One World One Kitchen, a West African-focused nonprofit connecting local farmers and produce to pediatric cancer patients.

With health, deliciousness, and seasonality in mind, the residency’s dessert menu is a reprise of this pursuit of health. His menu practiced a no-refined sugar ethos—relying on the natural sweetness and texture of fermented grains, honey, maple syrup and fruit.

## OTTO FILE CORN GRITS

Grains like corn, millet, sorghum and fonio are important economic and dietary staples in Nigeria. *“For the menu I make grits using Eight Row Flint corn – an indigenous New England variety – as a culinary bridge between West Africa and the Hudson Valley.”* –Chef Shola

The grits are best milled coarse; the texture of coarse grits highlights the flavor of the corn while providing textural contrast.

### INGREDIENTS

- 2 cups coarse ground corn grits, such as Otto File
- 5 cups filtered or spring water
- Fine sea salt
- 4 to 6 tablespoons unsalted cultured or pastured butter

### METHOD

1. Place the grits in a medium heavy-bottomed pan and pour in 5 cups of cold water. Stir gently until dispersed. Cover and let the grits soak at room temperature for 12 to 24 hours.
2. Set the saucepan over medium heat and bring the mixture to a simmer, stirring constantly with a wooden spoon until the first starch takes hold, 5 to 8 minutes. Reduce the heat to the lowest possible setting and cover the pan.
3. Meanwhile, heat 4 cups of water in a small saucepan and keep hot, simmering. Every 10 minutes or so, uncover the grits and stir them; each time you find them thick enough to hold the spoon upright, stir in a small amount of the hot water, adding about 3-4 cups of water in total in 4 or 5 additions. Add 2 teaspoons of salt halfway during the cooking time to pre-season the grits.
4. Cook the grits until they are creamy and tender throughout, but not mushy, retaining some of their texture (approximately 50 minutes if the grits were soaked or 90 minutes if they were unsoaked).
5. To finish, stir in the butter gently until fully combined. Add salt to taste.
6. One could at this time add a scant amount of hot milk, grated clothbound cheddar or parmesan cheese. The dairy and cheese finish is enhanced by a hint of nutmeg or mace.

### FOR SOURED GRITS

Soak the grits at room temperature up to 5 days covered or until they start to ferment—this will look like small bubbles atop the surface if the water—then proceed with the recipe. Soured grits are complex, delicious and show off the flavor of Otto File especially when finished with cheese.



## CARROT SALAD

*"Carrots are everywhere in Nigerian cuisine, but mostly as garnish for jollof rice or stews. They were never the main attraction, so I wanted to put Stone Barns carrots at the center of the plate here." -Chef Shola*

### FOR THE PICKLED CARROTS

#### INGREDIENTS

- 1½ cups diced carrots
- 5 tablespoons grapeseed oil
- 2 inches peeled ginger, julienned
- ¾ teaspoon yellow mustard seeds
- 1 dried red chili
- 10 curry leaves
- 2 teaspoons red chili powder
- ¼ teaspoon turmeric powder
- 1 teaspoon mustard powder
- ¼ teaspoon fenugreek
- 1 tablespoon salt
- 1 teaspoon distilled vinegar
- Juice of 2 lemons

#### METHOD

1. In a small saucepan over medium heat, warm 2 tablespoons of oil and gently sauté the carrots and ginger for about 3 minutes, softening them without browning. Remove the carrots and ginger from the oil and set aside.
2. Place the pan back on the stove over low heat this time. Add 3 more tablespoons of oil to the pan. Add the chili, turmeric, mustards, fenugreek and salt.
3. Stir it gently with a wooden spoon for 30 seconds; turn off the heat.
4. Add the carrot, ginger, vinegar and lemon juice to the pan and allow it to cool. Once cooled transfer to a glass jar; using a rubber spatula make sure you get all the oil into the jar from the pan. Refrigerate for at least 7-10 days to infuse the carrots before using.

### FOR THE PICKLED CARROT VINAIGRETTE

#### INGREDIENTS

- 1 cup pickled carrots, chopped fine
- ½ cup strained fermented honey
- 4 tablespoons olive oil

#### METHOD

In a small bowl, add the chopped carrots, honey and oil; whisk to partially emulsify.



## **FOR THE FERMENTED HONEY**

To ferment honey, we must add water to the honey to remove from its naturally stable form.

Fermented honey has a slight acidity and more complex flavor. Capped honey will not ferment in its natural state of 17-18% moisture content; it will ferment however, if it is above 60° F with greater than 20% moisture content.

### **INGREDIENTS**

- 2 cups honey
- 1 cup African purple basil buds
- Bottled water

### **METHOD**

1. Weigh the honey in a large stainless steel bowl. Calculate 40% of the weight of the honey to measure how much water to add to the honey. Add water to the honey and whisk to combine. Transfer to a jar that has a lid or fermentation airlock. Add the basil buds.
2. Leave at room temperature until it starts to ferment. If you don't have an airlock device make sure to release the CO2 (a natural byproduct of fermentation) from the jar daily by unscrewing the lid for just a moment and then recapping it. Monitor the honey; it's done when it is bubbling.
3. Taste the honey; if you are satisfied with the concentration of flavor, strain it and transfer to the refrigerator to slow down the fermentation. If the honey is bubbly at room temperature but you'd like a stronger flavor, refrigerate the jar and taste every couple days until the desired flavor is reached. Then strain and refrigerate.

## **FOR THE CARROT PUREE**

### **INGREDIENTS**

- 2 cups carrots, peeled and sliced thinly
- 4 tablespoons butter
- 2 tablespoons diced shallots
- 1 tablespoon diced ginger
- 1 cup carrot juice
- 4 tablespoons heavy cream
- ¼ teaspoon mace or nutmeg
- Salt and white pepper to taste

### **METHOD**

1. In a medium pot over medium heat, gently sweat the carrots in butter until they are glazed and caramelized; 10 to 15 minutes.
2. Add the shallots and ginger cooking until fragrant and soft; 5 minutes.
3. Add the carrot juice and cream, bring to a boil, reduce heat to a simmer cook until most of the liquid has been absorbed.
4. Transfer to a food processor and puree to a smooth paste. Taste and season with salt and white pepper.
5. Cool and transfer to a sealed container.



## **FOR THE ROASTED CARROTS**

### **INGREDIENTS**

- Baby carrots, remove leaves and trim stem to one inch
- Olive oil

### **METHOD**

1. Preheat the oven to 400°F. Toss carrots with olive oil, season with salt and place on a baking sheet. Roast until cooked but not falling apart (about 15 minutes).
2. Remove and cool to room temp.

## **FOR THE COCONUT INFUSION**

### **INGREDIENTS**

- 1 cup coconut milk
- 1 stalk lemongrass, lower half sliced thin
- 1 inch peeled ginger, sliced thin
- 1 tablespoon palm or coconut sugar
- 1 teaspoon salt

### **METHOD**

1. In a small pot over low heat, bring all ingredients to a simmer together. Cook on low heat for 10 minutes.
2. Remove from heat, cool and strain.
3. Discard the solids and reserve the coconut milk.

## **FOR THE "CRUMBLE"**

### **INGREDIENTS**

- 1 cup crushed fried green plantains, or substitute with store-bought plantain chips
- 1 cup toasted coconut flakes
- 1 teaspoon salt
- 2 tablespoons benne seeds, toasted
- 2 tablespoons crushed nori flakes

### **METHOD**

Combine all the ingredients and store in a sealed airtight container.

## **TO PLATE**

Spoon carrot puree on the bottom of a large platter. In a medium bowl, gently coat the carrots with pickled carrot vinaigrette. Place carrots and any excess vinaigrette from the bowl atop the carrot puree. Drizzle a small amount of the coconut infusion over the carrots. Finish with the crumble and any herbs of your choice.



## EGUSI SOUP

Egusi, which means “pumpkin seed,” is an iconic stew in Nigeria with just about as many variations as there are languages in the country. Traditionally it starts with an aromatic sofrito-type base and is finished with meat, leafy greens and a paste of ground pumpkin seeds. *“This is the most soulful stew in Nigeria. It’s a daily dish, not ceremonial, and always satiating. As a child, my mother and aunts would cook this in our home all the time—it is my fondest childhood food memory. Of all the dishes I’ve made for this residency, this is the one I’m most passionate about.”* –Chef Shola

This recipe makes a substantial amount but egusi freezes well in a covered container and it is best to make extra for rainy days. The recipe can be cut in half to feed 4 to 6 people with rice.

### INGREDIENTS

- 4 red peppers, cored, seeded and chopped
- 2 red onions, peeled and chopped
- 1 white onion, peeled and sliced
- 2 quarts chicken stock
- 6 tablespoons vegetable oil
- 4 cups canned tomato puree, such as passata di pomodoro
- ¼ cup tomato paste
- 6 cups hulled pumpkin seeds
- 4 eggs
- 1 teaspoon nutmeg, ground fine
- 1 cup water
- 1 tablespoon salt
- 3 cups poached or roasted chicken, pulled or cut into bite size pieces
- 2 bu kale, such as lacinato, red russian or darkibor-stemmed and torn into small pieces
- ½ pound spinach, separated from tough stems

### METHOD

1. Puree the chopped peppers and onions in a blender until smooth. Set aside. Place the pumpkin seeds in a food processor; grind fine. Set aside.
2. In a large pot, over medium heat gently warm the vegetable oil until shimmering. Add the onion-pepper puree, tomatoes and tomato paste to the pot. Stir fry until fragrant, about 2 minutes. Next, add in the chicken stock, a bit of salt and cook over medium heat for about 15 minutes.
3. In a large bowl mix together the ground pumpkin seeds, eggs, nutmeg, water and salt. Drop the mixture in 1-2 tablespoon dollops into the simmering stew and let them cook gently until firm, stirring periodically to cook on all sides. Slowly fold in the chopped kale and spinach to tighten the stew. Add the cooked meat to the pot and warm through. Gently break up the pumpkin seed balls incorporating it into the broth. Check seasoning and adjust to taste with salt and pepper.
4. Eat immediately or cool and store covered. Egusi is traditionally eaten with rice.





# GOAT PEPPER SOUP

Goat is one of the most widely consumed meat in the world, though largely under-appreciated as a protein in the American diet. *“Not only are they delicious in braises, stews and roasts – they’re also stewards of the land, clearing away brambles and thickets for new growth.”* –Chef Shola

## INGREDIENTS

- 2 pounds boneless goat meat
- 1 cup olive oil
- Salt
- Pepper
- 4 cups onions, julienned
- 1 tablespoon ginger, peeled and diced finely
- 4 garlic cloves, finely chopped
- 2 tablespoons tomato paste
- 1 tablespoon dry thyme
- 2 tablespoons mild or hot curry powder
- 4 tablespoons Nigerian pepper soup seasoning
- 1.5-2 quarts chicken or beef broth

## METHOD

1. Preheat an oven to 400°F, or 375°F with convection.
2. Season the goat meat with minimal salt and pepper and 2 tablespoons of oil; coat well.
3. Transfer to a deep pan or baking dish, add 1 cup of chicken broth and roast in the oven till lightly brown.
4. Meanwhile place a pot (large enough to completely submerge all the meat in broth) on moderate heat. Add 6 tablespoons of oil and the onions to the pot.
5. Cook gently for about 10 – 15 minutes till onions are slightly browned.
6. Add the ginger, garlic, thyme, tomato paste, curry powder and pepper soup spice. Stir-fry for about 30 seconds.
7. Add the roasted goat meat along with all the juices in the roasting pan.
8. Cover by 2 inches with chicken or beef broth. Season to taste with salt.
9. Bring to a boil then turn down to a simmer; partially cover with a lid or foil. Cook for about 2 hours gently until the goat is tender. Extract the goat meat, reduce the liquid slightly to thicken the soup, then add the meat back in.
10. Eat with rice, grits or boiled potatoes.

## SUGGESTED SPICES

[Grace Foods Jamaican Curry Powder](#)

[Blue Mountain Jamaican Curry Powder](#)

[Nigerian Pepper Soup Seasoning](#)



**CHEF OMAR TATE**  
FEBRUARY 17 - MARCH 13



“Chefs provide theater for ideas through food. Instead of sawing a woman in half, we carefully slice through delicate cuts of meat, fish, or vegetables. The best chefs dissolve the barrier of illusion and invite the guest into the realm beyond the curtain, where the truth lies. They open our eyes to the history, culture, land, seed, animals and people who, over hundreds and thousands of years, have made the meal in front of us possible.”

Omar Tate, Esquire’s 2020 Chef of the Year, is a Philadelphia-rooted artist and chef. Omar has worked fifteen years in the restaurant industry in some of the top restaurants in New York City and Philadelphia, including A Voce, Fork, Meadowsweet, Runner and Stone, and Russet. During his time as a cook he found that the lack of diversity and representation of African Americans and other people of color to be unbalanced both in the kitchen and on the plate. In a profession where the product is a direct representation of cultures from around the globe Omar found that modern aesthetics of Black American culture to be severely limited, if not non-existent.

Through travel and research Omar developed a unique perspective on approaching cuisine through the lens of contemporary Black America. As a result of his study Omar launched Honeysuckle Pop Up (recently recognized as Esquire’s 2020 Pop-up of the Year) as a traveling dining concept in the winter of 2018. This concept uses food and art simultaneously as vehicles to explore several nuances of Black life and culture.

Honeysuckle has received critical acclaim not only as a food concept but also as a leading philosophy of the future of food thought in America. Partnered with his wife Cybille St. Aude-Tate, Omar is currently seeking funding to open Honeysuckle as a food focused community center in his neighborhood in West Philadelphia.

During his residency, Chef Omar will work with Hudson Valley larder ingredients in a time of seasonal scarcity, to share the migration of Black communities to the northeastern United States through preservation techniques, traditional foodways, and exceptional storytelling.

# HOPPIN' JOHN

## INGREDIENTS

- 2 cups Sea Island Red Peas
- 1 Spanish onion, medium dice
- 1 green bell pepper, medium dice
- 3 stalks of celery, medium dice
- 3 cloves of garlic, roughly sliced
- 2oz of thyme sprigs tied together with string
- 4 cups Carolina gold rice
- 4oz Creole spice
- Salt to taste
- 8 cups chicken stock
- ¼ lb of Fatback, diced into about ½ inch cubes
- 2oz Butter

## METHOD

1. Soak peas overnight in water that comes up at least 3 inches over the peas.
2. Wash the rice six times or until the water runs off clear, straining after each rinse.
3. In a large pot over medium-low heat render the fatback until each piece is about a third of its size.
4. Add the vegetables, garlic and thyme.
5. Cook on medium heat until the vegetables are soft, being careful not to brown the vegetables .
6. Add the creole spice and stir coating the vegetables in it. Allow to cook for a few minutes with the spice mixture.
7. Add the soaked peas and stir to incorporate into the vegetable mixture.
8. Cover the peas with 1qt of chicken stock or enough to cover the peas by 1 inch. Bring to boil and reduce heat to simmer allowing the peas to cook slowly in the broth; once the peas are soft and plump the pot should be almost dry.
9. Add the washed rice to the pot and stir to incorporate.
10. Add about 2 Tablespoons of salt here and stir into the mixture.
11. Pour in the remaining qt of chicken stock and add the 2oz of butter
12. Bring this to a boil uncovered.
13. Allow to boil until water has been absorbed by the rice and there is thick starchy liquid left amongst the rice.
14. Turn your heat down to a very low simmer and cover the pot of rice
15. Allow to cook for 20 more minutes.
16. Check the rice for doneness.
17. Fluff the rice with a fork and add more seasoning as needed .

## RESOURCES

[Black Rice](#), Judith Carney

[Guns, Germs and Steel: The Fates of Human Societies](#), Jared M. Diamond

[Wandering in Strange Lands](#), Morgan Jerkins

[Plantation Row Slave Cabin Cooking: The Roots of Soul Food](#), Patricia B. Mitchell

[Heritage](#), Sean Brock

[Vibration Cooking: or, The Travel Notes of a Geechee Girl](#), Vertamae Smart-Grosvenor

[Carolina Rice Kitchen](#), Karen Hess

[Down by the Riverside \(A South Carolina Slave Community\)](#), Charles Joyner

**CHEF JOHNNY ORTIZ**  
MARCH 17 - APRIL 10



“Dinners are the fruiting body of what I do, where a guest at the table participates in the reverence for place, both in the moment and into the future. I find my work to be a kind of ceremony, an ongoing meditation on where I live in Northern New Mexico, a celebration of its nature and the fleeting passage of time. Celebration of the connection to land has always been a part of me.

Chef Johnny Ortiz is an indo-hispano born and raised in the small town of Taos, New Mexico, where he spent his youth primarily on the Taos Pueblo. It was here he first found his love for wild food, which is still an integral part of life of the culture. He remembers learning to eat the wild rose from his grandfather and how formative that single experience was.

In the Autumn of 2010, he dropped out after his first semester of business school and moved to Chicago to learn solely by trade. Having worked with food for five years already, he took a position on the team at the restaurant Alinea, at the time being the youngest hire. Here Johnny learned what was possible with food and also his own inter determination to cook meaningful food. Sixteen months of intensive learning later, Johnny was eager to continue learning how to cook, going next to Lummi Island, Washington to work at the Willow's Inn where he learned more about his love for wild and location specific food. After a season there Johnny moved to San Francisco, California to work with Josh Skenes at Saison. Johnny was on the opening team and started on the hearth/meat station, the heart of the restaurant. At the end of year one Johnny got promoted to Sous Chef, working second to Josh Skenes for the following three years. In those following years Johnny pushed himself to his limits, where he learned to cook with more intention, how to run a team, select the best produce, and overall how the interworkings of a restaurant worked. In Johnny's mind there was never a question of returning home, but rather when that was going to happen. In 2015 he left the restaurant to start his own project / Shed.

The beginning of / Shed started with the thought of making an experience around food that was fully authentic, where every detail had meaning and where he could have interaction with every step of the process himself.

During his residency, Chef Johnny will explore the Indigenous foodways and ingredients of the Hudson Valley with an approach to foraging, seasonality and ecology.

# FLOUR TORTILLAS

MAKES 12

## INGREDIENTS

- 1 pound all purpose flour
- 1 1/4 teaspoon kosher salt
- 1/2 teaspoon baking powder
- 4 1/2 tablespoons manteca, at room temperature (substitute butter for vegetarians)
- 1/3 cup whole milk, lukewarm
- 8 tablespoons water (plus more to get correct texture if adjustment is needed), lukewarm

## EQUIPMENT

- Kitchen scale
- Whisk
- Large bowl
- Rolling pin
- Damp kitchen towel
- Comal or cast iron skillet
- Heat safe spatula

## METHOD

1. Whisk dry ingredients together in a bowl. Mix manteca into flour mixture with your hands for about 5 minutes, until mixture is crumbly and with the appearance of wet sand. Add milk and water and mix by hand until completely incorporated. Transfer dough to a floured work surface and lightly knead until smooth in texture, around 2 minutes. Portion and roll the dough into small golf ball sized portions. Set rolled dough on a lightly floured surface, covered with a damp kitchen towel at room temperature for 30 minutes to 1 hour.
2. Heat a comal or cast iron skillet on medium heat. With a lightly floured rolling pin, roll out each ball, as thinly as possible, one at a time just before cooking. Gently place rolled tortilla on the hot comal for 30-60 seconds then flip to cook for the same amount of time on the other side. Each side should cook just long enough to begin browning in spots. Flip one last time, at this point the tortilla should puff in the center. Place on a plate wrapped in linen to keep warm. Repeat with the remaining dough; enjoy hot.
3. With a lightly floured rolling pin, roll out each ball, as thinly as possible, one at a time just before cooking. Gently place rolled tortilla on the hot comal for 30-60 seconds then flip to cook for the same amount of time on the other side. Each side should cook just long enough to begin browning in spots. Flip one last time, at this point the tortilla should puff in the center. Place on a plate wrapped in linen to keep warm. Repeat with the remaining dough; enjoy hot.



# RED POSOLE

SERVES 4

## INGREDIENTS

- 2 1/2 pounds bone in pork or beef shoulder
- 6 garlic cloves, peeled and lightly smashed open
- Sea salt or kosher salt
- 1 pound fresh or dried nixtamalized corn, posole (substitute cooked canned hominy, 2 pounds drained)
- 7 dried chimayo red chilies, seeds removed (or a mix of guajillo, ancho, árbol)
- 2 tablespoons manteca or sunflower oil

## EQUIPMENT

- Cutting board
- Knife
- Liquid measuring cup
- 2 large pots with lids (at least 5 quarts)
- Cast iron skillet
- Small bowl
- Tongs
- Fine mesh sieve
- Whisk

## METHOD

### *To Cook the Corn*

1. In a large 5 quart pot, preferably a micaceous clay pot, over medium heat, combine 12 cups of water, corn and 2 garlic cloves. Bring to a boil, partially cover the pot and simmer gently over medium-low heat until the corn is thoroughly tender—at a minimum allow 2 - 3 hours for nixtamal and about 5 hours for the dried corn. Add water as necessary to a minimum allow 2 - 3 hours for nixtamal, about 5 hours for the dried corn. Add water as necessary to keep the corn completely covered. The longer and slower you cook the corn the more delicious it will be. While the corn is simmering, cook the meat. Once cooked, cool the corn in the liquid. Once cooled, strain and set aside discarding the excess liquid.

### *To Cook the Meat*

2. Place the meat in another large pot, cover with cold water to cover roughly 4" over the meat. Bring to a boil and reduce the heat to a low simmer uncovered and add a couple pinches of salt. Adding salt gradually through the entire process creates a depth that can't be replaced. Taste every 30 minutes or so and if needed add a little salt. In a cast iron skillet over medium heat, add a couple of tablespoons of manteca or sunflower oil. Once it has melted and begins to appear shimmery, place 2 onion halves cut side down into the pan and cook, allowing them to char until deeply golden erring on the side of blackened.
3. Once charred, add onions to the meat along with 2 more lightly smashed garlic cloves. Partially cover and simmer over medium-low heat until all the meat is thoroughly tender, about 2 hours. If time allows, cool the meat in the broth for the best flavor and texture. Remove the meat from the broth and let cool. Pull the meat from the bone in large shreds. Cover with a little broth and refrigerate if not serving within an hour. Strain the broth through a fine mesh sieve, disposing of the vegetable solids.

*To Cook the Chile*

4. In the cast iron skillet used to char the onions, add a little more manteca and set to medium-high heat. Carefully toast the chiles for 10 seconds on each side. Be careful to not toast too long or the chilies will become bitter. Transfer the chiles to a small bowl and cover with enough hot tap water just to cover.
5. In the same cast iron skillet, char remaining onion halves and last 2 garlic cloves in the left over oil from the chilies.
6. Once the chilies are soft and break apart easily, transfer them to a blender or metate. Blend chilies and the water they were soaked in, remaining onion halves, last 2 garlic, a little salt until a smooth mixture.

*To Finish and Serve*

7. In the large pot over medium high heat, bring the strained broth with the cooked corn to a simmer. Whisk in the puréed chili mixture to taste.
8. The corn soaks up a surprising amount of salt so more may be needed, season to taste. Just before serving, add the meat to the simmering broth. It should look hearty, full of hominy with bits of meat—but with enough broth to be thought of as a soup.

*RESOURCES*

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