

Preserving Red Chile

MAKING AND STORING NEW MEXICO RED CHILE SAUCE

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3 PART SERIES

TUESDAY 16TH – CANNING RED CHILE SAFELY

TUESDAY 23RD – DEHYDRATING RED CHILE

TENTATIVELY – OCTOBER 28TH – RISTRA!

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- NMSU IS THE STATE'S LAND GRANT UNIVERSITY – COOPERATIVE EXTENSION SERVICE
- AGRICULTURE, BUSINESS, ENGINEERING, HEALTH SCIENCES, AND FAMILY AND CONSUMER SCIENCES
- FOSTER ECONOMIC, EDUCATIONAL, AND COMMUNITY DEVELOPMENT
- LOCAL ADVISORY COMMITTEES AND STAKEHOLDER GROUPS
- EDUCATIONAL PROGRAMMING DELIVERED BY EXTENSION FACULTY



Pre Poll



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What we hope you learn!

- How to process red chile safely
- Selecting quality red chile pods for sauce
- Recommended process for homemade red chile sauce
- Proper storage techniques for red chile & red chile sauce



Resources



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Resources

- USDA Complete Guide to Home Canning
[How Did We Can? | USDA Complete Guide to Home Canning, 2015 revision](#)
- National Center for Home Food Preservation
[Home Page - National Center for Home Food Preservation](#)
- Cooperative Extension Nationwide Publications
- NMSU Publication E-327: Using Chile to Make Ristras and Chile Sauce
[Using Chile to Make Ristras and Chile Sauce | New Mexico State University - BE BOLD. Shape the Future.](#)
- So Easy to Preserve
[So Easy to Preserve | Food Preservation | Food | Extension](#)



How to Process Red Chile Safely



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How to Process Red Chile Safely

- Wash your hands
- Work with clean equipment and clean surfaces
- Avoid cross-contamination
- Wear gloves, even a mask
 - Even if working with mild chile, it adds up over time
 - Be careful not to touch eyes, face, pets, or children
- If roasting or broiling, use vent hood or fan!



Selecting Quality Red Chile Pods for Sauce



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Selecting Quality Red Chile Pods for Sauce

- Sort and clean chile pods
- Select dry chile pods in optimal condition, free from pests, disease, mold, and decay
- Do not use pods that have been sprayed with plastic or shellac
- Soak in boiling water to soften the peel and the inside of the pod
- Once pliable, transfer to a blender or use an immersion blender to combine with a bit of warm water until pureed
- Sift and strain to remove any seeds or peel
 - Fine mesh sieve or colander lined with cheesecloth
 - Food mill or high-powered blender like Vitamix

Recommended Process for Homemade Red Chile Sauce



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NMSU Red Chile Enchilada Sauce Recipe

- Red Chile Enchilada Sauce Recipe
- 1 cup chile purée
- 1 cup water
- 1 minced garlic clove (optional)
- 1/2 teaspoon salt
- 2 tablespoons vegetable oil
- 1/2 teaspoon crushed dried Mexican oregano leaves (optional)

In a saucepan, mix chile purée, water, garlic, salt, and oil. Simmer gently for 10 minutes, stirring frequently. Add oregano and simmer another 5–7 minutes. This recipe will yield 2 cups of sauce, which should be enough to cover 12 tortillas for enchiladas. Leftover sauce or purée must be refrigerated promptly and can be used or frozen within 3 days. This sauce can also be used in many other typical New Mexican food recipes.

Pod, Powder, Puree ...oh my!



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Pod, Powder, Puree... oh, my!

- Powder

- 2-3 TB Extra Virgin Olive Oil
- ½ cup NM Red Chile Powder
- 2 cups Water or Stock
- ½ tsp Garlic Salt
- Cumin (optional)
- Mexican Oregano (optional)

- Puree

- 14-16 Ounces NM Red Chile Puree
- 2-3 TB Extra Virgin Olive Oil
- ½ tsp Garlic Salt
- Cumin (optional)
- Mexican Oregano (optional)

Heat heavy bottom pot over medium low heat.

Add in oil until it begins to shimmer.

Add in puree or powder and let bloom until fragrant.

If adding oregano or cumin, combine and cook for 1 minute.

Add water or stock.

Season with garlic salt. Taste.

Cook and simmer about 10-15 minutes until desired consistency. Cool for about 10 minutes.

Proper Storage Techniques for Chile Sauce



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Proper Storage Techniques for Chile Sauce

- Cool quickly
 - Separate into smaller portions
 - Stir if possible
- Dehydrate, Freeze-Dry
- Refrigerator
 - Food storage container < 2" deep
 - 3 to 4 days (USDA)
- Freezer
 - Food storage container < 2" deep
 - Food storage bags, lay flat, then freeze and stack
 - 3 to 4 months (USDA)
 - Quality
 - 0°F – indefinitely
 - Not just the quality of the sauce!



Image: One Hundred Dollars A Month

Post Poll

To be entered into a drawing for
a chance to win a prize!



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Get Involved!

Food Preservation Lending Library

The library is a collection of food preservation items that community members can check out without having to purchase them. In addition to the food preservation equipment, there are equipment guides, recipes, and information on safe practices for preserving food and processing produce or meat for preservation along with answers to frequently asked questions about food preservation methods.

The items in the collection were purchased through a community partnership between New Mexico State University and New Mexico Health.

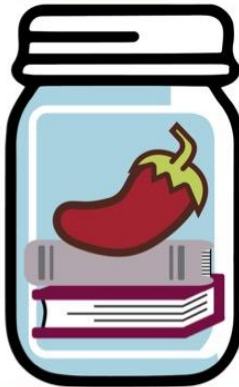
Equipment can be borrowed for personal use by any person 18 years of age or older.

Loans available from 14 to 21 days.

A consultation with Amber Benson, FCS Agent, will be included with each rental.

If you are interested in borrowing from the Food Preservation Lending Library, contact Amber Benson at ambenson@nmsu.edu

Available Equipment:
Dehydrator
Food Processor
Pressure Canner
Boiling Water Bath Canner
Fermentation Equipment



If you are an individual with a disability who is in need of an auxiliary aid or service to participate, please contact Amber Benson in advance at (505) 243-1386 or ambenson@nmsu.edu.

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and Environmental Sciences

NMSU Master Food Preservers

Ask A Master Food Preserver

Join us for our online Q&A classes offered on the second Monday of the month, hosted by the NMSU Master Food Preservers.

While each month has a theme, any and all food safety topics are welcome.

Volunteers specializing in freezing, dehydrating, canning, and food safety will be available to answer your questions and share their tips so you can safely and successfully preserve food at home.

All are welcome, but participants **MUST** register in order to receive the Zoom link. If you would like to submit a question or topic for discussion in advance, email Amber Benson at ambenson@nmsu.edu

July 14: Tomato Time: Can, Dry, and Savor Summer's Finest!

August 11: Spice It Up: NM Chile Preservation for Bold Flavors!

September 8: Bean Bonanza: Preserve the Protein-Packed Harvest!

October 13: Pumpkin Party: Preserve Fall's Favorite Squash Safely!

November 10: Cranberry Craze: Tart, Tangy, and Timeless Sauce!

December 8: Sauerkraut Showdown: Fermenting Made Easy!

Sign up here!

**2nd Mondays of
each month
6 PM - 7 PM
FREE!**



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What did you learn?



Thank You for Joining Us This Afternoon!



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