



## KEY INGREDIENTS

America by Food

# Oracle Historical Society and Acadia Ranch Museum, Oracle

HOST OF KEY INGREDIENTS: *America by Food*  
March 19 through May 1, 2011

## Amalia's Posole

*Courtesy of Amalia (Mollie) Ruiz Clark of Oracle, Arizona*



- 2 large fresh pork hocks, split in 2 or 3 pieces
- 2 quarts water
- 2 teaspoons salt
- 1 clove garlic
- 2 cups cooked beans, whole
- 2 cups hominy, drained,  
or one 16-ounce can

### **Preparation**

Place the pork hocks in a large kettle with water, salt, and garlic. Cook for 2-1/2 to 3 hours. Remove hocks, and allow hocks and broth to cool. Remove the meat from the hocks and cut into small pieces. Skim off the fat from the cooled broth and save 3 cups. Add the meat, beans, and hominy to the broth and simmer for 20 minutes. Hot seasonings such as fresh or pickled hot peppers can be used on individual servings for zest. Serves 6 to 8.

### **The History of Amalia's Cooking**

As the oldest child, Amalia had to help out in the kitchen with meal preparation. There were no written recipes, and the family simply used a handful of this and a pinch of that to create dinners and desserts. A family garden provided much of the food, which was canned and placed in the crawl space under the house to keep cool until needed. Meat was butchered twice a year, most of which was hung out on the porch to dry into jerky. A pot of beans was always cooking on the stove.

With the help of her son, Tommy, Amalia decided to put these family recipes into a cookbook so they would not be lost. The first edition of *Amalia's Special Mexican Dishes* was published in 1975 for family and friends. Amalia then taught others her recipes at a cooking school in Tucson for seventeen years, and the cookbook is now in its sixth edition.