



**RECIPES FROM THE KITCHENS
OF CITIZEN POTAWATOMI**

July 2013

Introduction

In January 2013, I announced a District #2 recipe contest, for family recipes that I could compile into a Citizen Potawatomi-flavored cookbook. The incentives were that everyone who submitted an entry would receive a copy of the cookbook and that a prize would be awarded by random drawing to one entrant from CPN District #2. Here are the recipes I received, and the names, cities, and Potawatomi families of those who participated. I've also included a few recipes from my own kitchen. The regional flavors of the South (North Carolina barbecue sauce and Georgia peach cake, for example) are prominent, and some Potawatomi favorites (deer meat poppers, chicken and corn soup, and peanut soup) also are here. *Migwetch*/thank you for participating, and happy cooking!

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Table of Contents: Recipes

Breakfast

Soups and Sauces

Appetizers

Main Dishes and Sides

Desserts

Breakfast

Potawatomi Wild Rice AKA Breakfast

Tiffany Carter of Leesburg, Virginia, from the Crumbo family, offered some recipes that she makes for her family when she goes back to Oklahoma or when they come to visit her in Virginia. Tiffany is a professional baker and operates her own business, Drunken Girl Cupcakes. Tiffany explained the recipes submitted for the District #2 contest as follows: "I learned these from a Crow/Potawatomi elder that I met a few months before she walked on. We quickly became fast friends and I like to think that she is happy when I share her recipes." This one, she reports, makes a good hearty breakfast, or alternatively a main dish for supper.

Ingredients

For 4 servings:

1 cup wild rice, washed in cold water

2 1/2 cups water

1 teaspoon salt

4 strips of bacon cut into julienne strips

6 eggs

1/4 teaspoon pepper

2 tablespoons minced chives

1 package mushrooms

Bacon drippings plus melted butter to measure

1/3 cup*

Instructions

Place rice, water and salt in a sauce pan. Slowly bring to a boil, reduce heat and simmer, uncovered, until water is absorbed. Cook bacon until crispy, drain bacon on a paper towel but save the pan drippings. Sauté the mushrooms in the bacon fat for about 5 minutes. Beat eggs and pepper together. Place eggs in the pan you cooked the bacon and mushrooms in, flipping them like a pan cake to cook each side. When firm, cut into julienne strips. Lightly toss the rice, eggs, bacon, chives and mushrooms together with the bacon drippings and butter.

*Made this way it is really good but for a healthier option, sauté the mushrooms in a small amount of olive oil, scramble the eggs without the bacon fat and use a few tablespoons of melted butter instead of the 1/3 cup of bacon grease and butter.

French Toast

Bill Anderson, on behalf of his family including himself, Kelley, Sam, Molly, and Amy, all from Carrollton, Georgia, submitted this favorite breakfast recipe.

Ingredients

For 2 servings:

2 eggs

1/2 cup 2% milk

1 tablespoon sugar

1 teaspoon vanilla extract

1/4 teaspoon salt

6 slices Texas Toast (yoke bread)

Maple syrup or cinnamon-sugar

Instructions

Pan needed: frying pan or griddle. In a shallow bowl, beat eggs; add the milk, sugar, vanilla and salt. Soak bread for 10 seconds on each side.

Cook on a greased hot pan or griddle until golden brown on both sides and cooked through. Serve with syrup or cinnamon-sugar.

Soups and Sauces

Chicken and Corn Soup

Nina White of Bossier City, Louisiana, a Pettifer, sent this classic soup recipe.

Ingredients

1 tablespoon margarine	4 cups milk
1 medium onion, chopped	2 (15 oz.) cans cream-style corn
4 boneless chicken breast halves, cut into 1/4 inch pieces	1 (4.5 oz.) can chopped green chiles
1/4 cup all-purpose flour	1 (2 oz.) jar chopped pimientos
	Salt and pepper to taste.

Instructions

Melt margarine in Dutch oven or large pot over medium heat. Add onion; cook and stir 2 minutes. Add chicken; cook and stir 3 minutes. Cover; cook 5 minutes or until chicken is no longer pink and onion is tender. Stir in flour until well blended. Gradually add milk, cooking and stirring over medium-high heat until thickened and bubbly. Add all remaining ingredients; cook until thoroughly heated.

Peanut Soup

Here's another from Tiffany Carter's friend and Cree/Potawatomi elder

Ingredients

For 6 servings:

1(9 1/2 oz.) jar of dry roasted peanuts

2 cups milk

2 cups chicken broth

1 tablespoon minced chives

Instructions

Puree the nuts in a blender. Mix nuts and other ingredients in a large sauce pan, stir often and heat 15-20 minutes. Serve hot and in small portions, this is very rich.

Cranberry Sauce by Doris and Harvey Richey

This recipe comes from Robert Richey/*Shaweno* and his wife Karen of Keswick, Virginia. It was one of the favorite recipes of Bob's mother, Doris Richey (from the Hardin and Laframboise families). Doris and her husband Harvey Richey made it every fall for Thanksgiving and Christmas and gave away jars to friends. Bob and Karen continue the tradition.

Ingredients

1 package fresh cranberries

2 cups sugar

1 ½ cups water

1 tablespoon Sure-Jell

Instructions

Wash cranberries and remove any bad berries. Cook berries in water until skin pops.

Mash through a strainer and discard pulp. Stir 2 cups sugar into mashed berries and bring to boil.

Boil on low heat for 15 minutes. Do not stir while boiling. Right before taking berries off the heat, stir in 1 tablespoon Sure-Jell. Pour cranberry sauce into jars and store in refrigerator.

Anne's (North Carolina) BBQ Sauce

This recipe comes from CPN member Rosanah Ziegler Foster of Van Wert, Ohio, from the Clark family line. I had the honor of naming Rosanah's father Carl Ziegler/*Numat* and other family members in North Carolina a few years back.

Ingredients

1 cup white sugar
1 cup brown sugar
2 cups ketchup
2 cups white vinegar
¼ bottle Texas Pete
1 teaspoon dry mustard (if you don't have dry you can use prepared)
Salt and pepper to taste (I usually don't add salt)

Instructions

Mix together and serve. No cooking required. Stores well in the refrigerator.

Homemade Blackberry Jam (Without Pectin)

I adapted this recipe from one on the website Savory Sweet Life; it is a great way to use the wild or pick-your-own berries that grow here in Virginia. Black or red raspberries can be substituted.

Ingredients

To make 1 ½ cups:

2 cups crushed blackberries or raspberries (crush by placing berries inside a cup/bowl and smashing with a spoon); strain through a sieve if you want seedless jam

- 2 cups sugar
- 2 teaspoons lemon juice

Instructions

In a small pan cook blackberries or raspberries, sugar, and lemon juice on high heat for 5 minutes.

Reduce to medium heat and cook an additional 15 minutes. Skim the foam off and store in a heat-proof container. The jam will thicken as it cools. Refrigerate and use within one week.

Appetizers

Potawatomi Deer Meat Poppers

This recipe was submitted by Pettifer family member Tim Pyeatt, from Navarre, Florida, and was the contest's randomly-selected prize winner.

Introduction

For this recipe pursue one of two options:

1. Invest about \$2,000 dollars in hunting equipment, a lease to hunt on, and time away from work to allow yourself the ability to harvest a deer.
2. Just hit up a friend who hunts and ask for some deer meat.

Ingredients

1 lb. of deer meat

Small jar of sliced jalapeno

1 (8 oz.) tub cream cheese

Dale's Low Salt Seasoning

Package of any type bacon

Toothpicks

Salt and pepper

Water

1 or 2 cold Bud Light beer(s)

Instructions

Cut the deer meat into small chunks (chicken nugget size).

Place deer meat in a 1 gallon plastic bag; Add in half a cup of Dale's Low Salt Seasoning (or less depending on your taste). Add about half a cup of water and season with salt and pepper to taste. Let soak overnight in the refrigerator.

Once the deer meat is prepped, cut the bacon strips in half. Take a piece of deer meat, add half a teaspoon or so of cream cheese, a slice of jalapeno, and wrap with half a piece of bacon and use a toothpick to hold it all together. Repeat until you have used all of your deer meat. I use a cookie sheet to hold all of my poppers.

Prep your grill and place a sheet of tinfoil on your grill (I use a gas grill) and set your fire on low. Then get your grill good and warmed up, place the poppers on the tinfoil, and open the beer. Slowly drink the Bud light (or beverage of choice) and occasionally rotate the poppers to ensure they are cooked on all sides. This takes about 20 minutes (some cooks may need two beers). Remove poppers and eat while they are hot! Especially good in the fall during football season!

Cheese Ball

This recipe comes from Barbara Karkula of Montclair, Virginia, from the Pierson family.

Ingredients

2 large packages cream cheese

1 cup cheddar cheese, grated

½ cup diced onion

½ cup diced celery

Small can of crushed pineapple, drained.

Instructions

Mix together well and roll in chopped walnuts or pecans. Serve with crackers. So easy and gets raves every time.

Corn Dip with Fritos

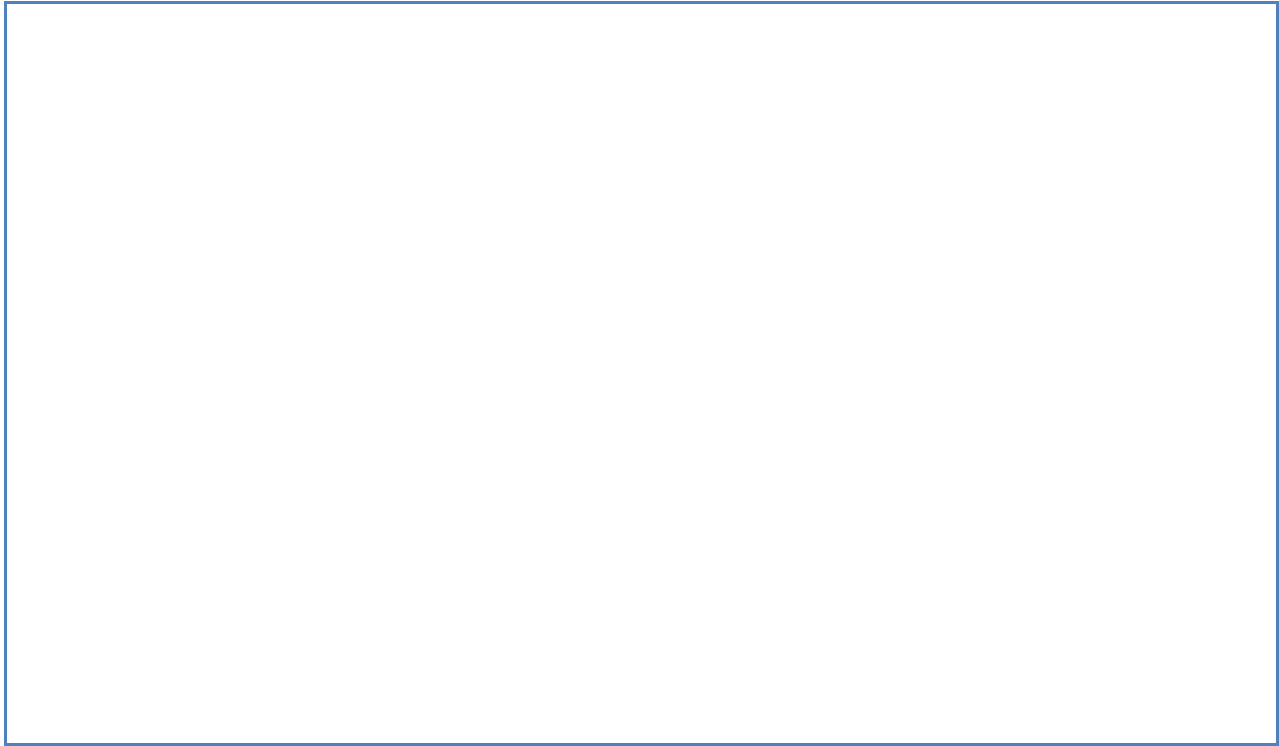
This is another of Nina White's recipes.

Ingredients

3 cans Fiesta corn, drained
1 bag (2 cups) shredded Mexican cheese
1 cup mayo (Miracle Whip)
1 cup sour cream
1 can green chiles (drained)
Salt and pepper to taste.

Instructions

Mix well, refrigerate and allow to set a few hours and serve with Fritos Scoops.



Main Dishes and Sides

Easy Southwest Chicken Enchiladas

One of the wisest of our District #2 residents, Geneva Hunter of Florida, from the Hardin/LaFramboise line, has a daughter-in-law in Colorado, Charleen (Mrs. Ted) Stempel with whom I regularly correspond. Charleen provided this recipe.

Ingredients

1 rotisserie chicken with meat taken off of the bones and diced
1 pound of shredded cheddar cheese
1 dozen corn tortillas - torn into large pieces

For the sauce:

1 can cream of mushroom soup
3/4+ cup of sour cream (not light)
1 can chicken broth
1 onion - diced
1 (4 oz) can of whole green chilies (remove seed & chop)

Instructions for Enchiladas

Combine ingredients for sauce and heat until bubbling. Layer in casserole: sauce, tortilla pieces, chicken, cheese. Repeat until ingredients are used up. Bake at 350 degrees for 30-40 minutes until good and bubbly!

Opulent Chicken

This recipe is from *From Our Kitchens: Selected Cookery by Elsie F. Cohen, Anne Cohen Richards, and Frances Cohen*. We substitute rice flour for wheat flour for the gluten-intolerant Juneau family members among us.

Ingredients

4-6 chicken breasts	1 teaspoon paprika	1 tablespoons flour 2/3 cup
1 ½ teaspoons salt	1 can artichoke hearts	chicken broth
1 teaspoon garlic salt (optional)	1 cup butter	1 tablespoon sherry
1 teaspoon pepper	½ lb. fresh mushrooms, sliced (about 2 cups)	

Instructions

Wash and dry chicken. Sprinkle with salt, garlic salt, pepper and paprika. Brown in butter and arrange in large casserole. Sauté mushrooms in butter in same skillet – about 5 minutes. Sprinkle flour over mushrooms and stir in consommé and sherry. Simmer 5 minutes. Arrange artichoke hearts, cut in halves, among chicken pieces and pour sauce over. Cover and bake at 375 degrees about 45 minutes.

“That Cornbread Stuff”

This recipe comes from Jamie Kindt of Harrison, Arkansas and a member of the Rhodd family.

Ingredients

Serves 6 to 8:

1 cup flour
2 beaten eggs
1 teaspoon salt
1 cup milk
2 tablespoons sugar

1 lb. ground beef
1/4 cup melted Crisco,
cooled slightly
1/2 cup chopped onion
3 teaspoons baking powder

1/2 cup chopped green
pepper
3/4 cup corn meal
1 can tomato soup,
undiluted.

Instructions

Brown beef with onion and green pepper, and season. Stir in tomato soup and set aside. Mix flour, salt, sugar, baking powder and corn meal and set aside. Combine Crisco, milk and eggs in a small bowl. Add to flour mixture and beat until smooth. Pour into 8x12 inch baking dish. Drop beef mixture by tablespoonsful over cornbread mixture. Bake at 400 degrees for 20-25 minutes.

Pop Overs

Bill Anderson, from the Anderson family of Carrollton Georgia, sent along this recipe.

Ingredients

For 8 pop overs:

3 tablespoons melted butter

2 eggs

1 cup milk, warmed for 30 seconds in the microwave (should be lukewarm to warm)

1 cup all-purpose flour

1 teaspoon salt

Instructions

Preheat the oven to 400 degrees F. Using a pastry brush, coat an 8-cup muffin tin with 1 tablespoon of the melted butter. Put the tin in the oven for 5 minutes to pre-heat. Meanwhile, beat the eggs until light yellow. Add the warmed milk and stir. Add the flour, salt and remaining melted butter, and stir until smooth. Pour the batter into the warmed muffin tin and return it to the oven to bake until golden, about 35 minutes. Remove from the oven and serve warm.

Desserts

Old-Time Buttermilk Pie

Louisianan Nina White also sent in this recipe for what sounds like a tasty pie!

Ingredients

1 (9 inch) unbaked pie shell
1/2 cup butter
2 cups sugar
3 rounded tablespoons flour

3 eggs, beaten
1 cup buttermilk
1 teaspoon vanilla
Dash of nutmeg (optional)

Instructions

Have butter soft; add sugar. Cream together well. Add flour and eggs; beat well. Stir in buttermilk, vanilla and nutmeg. Pour into unbaked pie shell. Bake for 45 to 50 minutes at 350 degrees. Place on wire rack to cool completely before serving.

Banana Nut Surprise Bread

Oklahoman Laura Weinstein/Mkoskwe, a Bourassa/Curley/Pappan, sent in this recipe.

Ingredients

Banana bread mix	2 tablespoons lavender	Pineapple tidbits, dark sweet
Handfuls of butterscotch	strawberry jelly	cherries, and blackberries
chips, chopped walnuts and	Dark brown sugar	
pecans	Mashed ripe banana.	

Instructions

Mix the batter per package directions, adding chips, nuts, jelly, sugar and banana, and pour 1/4 of batter into a 3 x 5 loaf pan. Add pineapple tidbits, dark sweet cherries, and blackberries. Add more batter to desired height, saving room for overflow! Top with more nuts; bake at 375 for 40 min. Fresh out of the oven, top with real butter. Frost with peppermint and cream cheese frosting, if desired.

Variation: Pumpkin Surprise Bread. Use pumpkin surprise bread mix as your base.

Vanilla Cheese Cake with Strawberry Glaze

This recipe comes from Candace Walter, from Pennsburg, Pennsylvania and the Tescier family.

Ingredients

For the crust

1 cup graham-cracker crumbs

1/4 cup firmly packed light-brown sugar

1/4 cup butter or margarine, melted

1/4 teaspoon ground nutmeg

For the filling

5 pkgs. (8-oz. size) cream cheese, softened

1 1/2 teaspoons pure vanilla extract

1 1/2 teaspoons grated orange rind

1 1/4 cups sugar

1/4 cup milk

3 tablespoons flour

6 eggs, room temperature

2 pints fresh strawberries, washed and hulled

1 cup strawberry jelly, melted

Instructions for Cheese Cake

Crust. Preheat oven to 350 degrees. In medium bowl, toss graham-cracker crumbs, brown sugar, butter and nutmeg together. Press mixture onto bottom of 9-inch spring-form pan. Bake for 10 minutes. Cool in pan on rack.

Filling. Preheat oven to 450 degrees. In large bowl, with electric mixer at high speed, beat together cream cheese and sugar until light and fluffy. Blend in flour, vanilla, orange rind and milk until mixture is smooth. Beat in eggs, one at a time, beating thoroughly after each addition. Pour mixture over baked crumb crust in pan. Bake in preheated hot oven for only 15 minutes and then reduce heat to 250 degrees and bake 1 hour longer. Then leave the cake in the oven with heat turned off and the door shut, about 20 minutes. Remove from oven. Cool on rack until room temperature, and then refrigerate cake for about 2 hours or longer.

Strawberry topping and glaze: Slice enough dry strawberries to garnish. Arrange sliced and whole strawberries on top of cake. For glaze, melt strawberry jelly in sauce pan on low heat and cool slightly. Pour a light layer on top of cheese cake and smooth with spatula. Brush strawberries with glaze and arrange in circular pattern on cake. Refrigerate cake until ready to serve.

Easy Peach Cake

This recipe comes from Linda Frapp Walton, of Calhoun, Georgia. Linda is from the Frapp family.

Ingredients

1 box of yellow cake mix
1 large can of peaches
2 teaspoons of cinnamon
1/4 cup of brown sugar

1 tablespoon of butter
Small package of chopped pecans
Whipped cream

Instructions

Slice peaches in smaller pieces; mix in bowl with cake batter, made according to package recipe, and 1 teaspoon of cinnamon. Put in greased pan bake at 350 until almost done. Mix together remaining ingredients and sprinkle on top of cake. Bake 10 more minutes or until bubbly. Serve hot with whipped cream.

Chocolate Bread Pudding

Here is a recipe from Barbara Karkula of Montclair, Virginia, a Pierson. This makes six (6) rich servings.

Ingredients

1 $\frac{3}{4}$ cup whipping cream
 $\frac{1}{2}$ cup plus 2 tablespoons
sugar
 $\frac{1}{4}$ cup whole milk

1 $\frac{1}{4}$ cup semisweet chocolate
chips
1 large egg
1 teaspoon vanilla extract

4 oz. French bread with
crust, cut into 1 inch cubes,
about 4 cups

Instructions

Preheat oven to 325 degrees. Bring cream, $\frac{1}{2}$ cup sugar and milk to simmer in heavy medium saucepan, stirring until sugar dissolves. Remove from heat. Add 1 cup chocolate chips and whisk until melted and smooth. Whisk egg and vanilla in large bowl to blend. Gradually whisk in hot chocolate mixture. Cool chocolate custard 10 minutes, stirring often. Add bread cubes and remaining $\frac{1}{4}$ cup chocolate chips to custard and toss to coat. Transfer to 1 $\frac{1}{2}$ quart capacity shallow oval baking dish. Sprinkle 2 tablespoons sugar over mixture. Bake until custard thickens and center is just set, about 50 minutes.

No-Cook Cream Cheese Fudge

This recipe came from the Philadelphia Brand Cream Cheese box. I've been making this for family and for holiday gifts for the last thirty years. It freezes well but rarely stays around long. It is naturally gluten-free (though not calorie-free).

Ingredients

4 cups confectioners' sugar
1 (8 oz.) package cream cheese
4 squares unsweetened chocolate (I like Ghirardelli's)
1 teaspoon vanilla

Instructions

Melt chocolate in double boiler or microwave and set aside. Soften cream cheese (hold at room temperature or warm in microwave). Mix together in food processor or by hand (be prepared to work!) softened cream cheese and confectioners' sugar, the latter added a cup at a time. Add chocolate and vanilla and blend well. Spread in 8 x 8 inch, greased pan. Chill in refrigerator. Cut into squares when firm.

Best Banana Bread Recipe

This recipe also comes from our family's Cohen-Richards cookbook. The banana bread readily can be made gluten-free with the substitution of rice flour. Our daughter's Middlebury College crew team ate a lot of this during our visits up to Vermont to watch them compete.

Ingredients

1 cup melted butter	1 ½ cups flour (rice flour for	¾ cup chopped nuts
1 cup sugar	gluten-free preparation)	(optional)
1 egg	1 teaspoon baking soda	1 teaspoon grated orange
3 ripe bananas	1/8 teaspoon salt	rind

Instructions

Beat egg and sugar into melted butter. Mash bananas and add to creamed mixture. Sift dry ingredients together and add. Fold in nuts, if using, and grated orange rind. Pour into a greased loaf pan, top with additional orange rind (if desired) and bake about 45 minutes at 350 degrees or until done.