

INDIAN RECIPES



Citizen Band Potawatomi

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INDIAN RECIPES

Collected from the Indian people I love

By

Priscilla Mullin Sherard

Citizen Band Potawatomi Indian

and

Chickasaw Indian

Oklahoma City, Oklahoma

Cover By

Priscilla Mullin Sherard

This cookbook is the result of years of collecting. I know many of you have cooked these foods and enjoyed them but to those trying the recipes for the first time a bit of caution is necessary. I am well aware that some of the younger people have not been trained to gather plants from the woods, ponds, and creeks. Some plants can only be eaten after they have been cooked or heat-treated in some way.

Also many plants look alike. You must have some person go with you to teach you the plants to gather. Remember if you are in doubt do not eat wild foods.

Some of these recipes are over four hundred years old and the method for cooking is just like our people cooked it in 1575. You can eat the food at pow wows cooked just as it was then. With a little revising you can cook these recipes and enjoy the food so much easier than our ancestors did.

Most Indians ate just about the same foods, or at least the Indians I have talked to and gotten recipes from did. About the only thing that was different was the language. Translated it meant the same.

I just hope you have as much pleasure cooking and finding the ingredients as I have.

BEVERAGES

A'BUSKE

Chickasaw

Shell flint corn in shelling stage but not hard. Sift wood ashes into a cast iron kettle. Build a fire under the kettle and heat the kettle until the ashes are hot. Drop corn in the ashes a quart at a time. Stir continually until the corn is brown. Be sure the fire is not too high or the corn may pop or burn. Remove corn from kettle with a sifter and sift ashes from corn. Spread corn on clean white cloth and wipe the corn with the cloth until all kernals are clean. Put corn in mortar a little at a time and pound with a pestle. Sift and keep returning cracked corn to mortar as long as corn flours. Some small grits will remain that can be cooked like rice. Put corn flour in quart jars. To make cold drinks; 2 tablespoons in a glass of water sweetened to taste. Stir well and add ice.

SASSAFRAS TEA

Go early in the Spring and gather the roots of the red sassafras tree, before the sap rises. The only trees I found were six or seven feet tall. Clean and store in a dry place. When ready to make tea, boil a few pieces of root in water. Sweeten to taste. Serve hot or cold. This is used in Root Beer. Sassafras Tea was a must in our family each Spring.

MITIGWA'BAK (soup or drink)

"Hickory Nut" Potawatomi.

Dry hickory nuts on rack over low fire until hull separates. Or put in your oven at 300 degrees until they pop open. Shell and place kernals in bowl. Pound until mashed nutmeats can be formed into balls. Store in airtight container. When ready to use you will have to experiment. Remember if used for soup or a drink the mixture is thin. First place two of the hickory nut balls in a pan and pour boiling water over them stirring constantly. If mixture is too thick add more boiling water.

MANDAMIN (soup or drink)

"Corn" Potawatomi

Use the corn grits left when making corn flour. One cup will be enough for a large pot of soup. Blue corn is used for this. Put one cup corn grits in salted water. Simmer awhile. Thicken with corn flour. Give this always to the sick because it is very nourishing, and will strengthen them. Everyone likes it.

POSSUM GRAPE DRINK Inicinabe
"Indian"

Gather possum grapes after frost in the fall. Remove stems and wash. Cover with water and simmer until done. Mash and let stand until seeds settle. Strain and return juice to

fire. When it boils add corn flour or corn meal just to thicken some. Sweeten if you like. Serve hot or cold.

KA'PI (coffee)

Boil coffee in pan of water. Pour cold water in to settle grounds.

SOFKY

Chickasaw

Shell clean dried flint corn from cob. Eight or more quarts at the least. Unless you have company this will be enough for several meals. Cover corn with cool water to soak overnight. According to the size of your mortar, put some of the soaked corn in the mortar and pound lightly with pestle until grains break in half. Put pounded corn in fan-ner to remove hulls. Then put in large kettle, cover with water and boil until completely done. Add a bit of boiling water along because you must keep plenty of liquid in kettle. Now add one cup of ash lye for each gallon of hominy. Stir often now because it will scorch very easy. Boil at least thirty minutes longer after adding the ash lye. Pour into a stone crock to keep. Tie white cloth over top of crock. Note: About three hours to cook. Remove film from cooking often.

DRIED MEAT SOUP

Chickasaw

Boil pieces of dried meat and chopped onion together in water seasoned with salt and pepper. When meat is done

thicken the broth with flour and water mixture. Cook until thickened. Eat fry bread with this soup.

SPICEWOOD TEA

Potawatomi

Gather small twigs from the spicewood tree just as the tree starts to bud in the Spring. Tie twigs in bundles. Boil in a pan of water. Sweeten with honey. Serve hot.

BREADS

FRY BREAD

Potawatomi

3 c. flour

3 tsp. baking powder

1 tsp. salt

1 c. lukewarm water

Mix all dry ingredients well. Add just enough of the water to form a dough that can be handled easily. Roll out on a floured breadboard about a half an inch thick. Cut in rectangles with two slits in the center. Cook in deep fat. As soon as bread is golden brown turn and cook other side. A good crisp bread to be eaten hot. Gets hard when cold.

SQUAW BREAD

Potawatomi

3 c. flour

Mix ingredients, add

3 tsp. baking powder

milk and fat. Stir well

2 tsp. sugar

with spoon. Put on well

2 c. warm milk

floured board and knead

2 Tbsp. fat

in flour to make soft

dough. Shape round about a half inch thick, and fry in deep fat until golden brown. Serve hot when possible.

CORN SHUCK BREAD

Chickasaw

5 c. cornmeal
 1 tsp. both salt, soda
 3 c. boiling water

Mix well and form in long rolls. Roll and tie in corn shucks. Bury in hot ashes and bake 1 hour. The shucks must be water soaked. Stiff dough. Remove ashes before serving.

SOUR BREAD

Potawatomi

Put one quart of rice size cracked corn in crock. Cover well with lukewarm water and let stand over night. Mix the soaked corn with cornmeal and add just enough boiling water to make a stiff batter. Let stand until slightly fermented. Bake in castiron dutch oven until done. About one hour.

CORN BREAD

Add enough boiling water to one quart of cornmeal to make a firm dough. Bake in a dutch oven one hour. Serve hot.

BAHNAHA

Chickasaw

2 lbs. beans
 4 c. sifted cornmeal
 1 level tsp. salt
 1 level tsp. soda
 1 rounded tsp. baking powder

Cook beans until almost done; keep water $1\frac{1}{2}$ inches over beans.

DO NOT SEASON BEANS.

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Con't. BAHNAHA

Pour pot of boiling beans over meal mixture. You must stir the beans into dry meal, so be quick! If a little more liquid is needed, add boiling water. The mixture must hold its shape when molded, so do not add too much water. There are three ways to cook bahnaha, but you must use the corn shucks you have boiled ten minutes. Mold bahnaha dough four inches long and two inches wide. Put dough in shuck wrap and tie on each end and in the middle with ties made of corn shucks $1\frac{1}{2}$ " wide. Drop the shucks in kettle of boiling water and simmer for one hour.

OGWISSIMAU'N NO'KIYA Potawatomi
"Pumpkin Dough"

Wash and cut a ripe pumpkin and cook until soft enough to mash. Stir fresh pumpkin adding cornmeal to hot pumpkin to make a stiff dough. Form dough into small cakes and bake in a dutch oven for about an hour. When as brown as you like it serve while hot.

PINI'AK' BISCUITS Potawatomi
"Potatoe"

2 c. flour	2 tbsp. shortening
4 tsp. baking powder	$\frac{2}{3}$ c. milk
1 tsp. salt	4 tbsp. sugar
1 c. grated sweet potatoe	
1 tsp. soda (ONLY IF WOOD FIRE IS USED)	

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PINI'AK' BISCUITS Con't.

Mix biscuit dough. Grate semi-cooked potatoes and fold in the biscuit dough. Cut like always. Grease breadpan with bacon grease and put biscuits down in grease then turn over. Bake.

KO' TSHISUK NO'KIYA

Potawatomi

"Bean Dough"

To one pound of cooked pinto beans, (with plenty of juice) add one gallon fine meal from blue or white corn. Beans must be very hot when you add the meal, and make the stiff dough. Have the green shucks clean and ready to roll and tie dough. On both ends and in the middle. If dry shucks are used, soak in hot water and shred strips for ties. Drop in large pot of boiling water and boil until they float on top of water. About thirty minutes. Can be served hot or cold. This bread can also be cooked in hot ashes. My Dad liked this sliced, rolled in meal, and fried.

ACH'KIPAK NO'KIYA

Potawatomi

"Rock Bread"

The meal for this bread was soaked overnight and ground in the mortar. 1 quart fine meal is mixed with 1 cup strong ash-lye drippings in boiling water. Make stiff dough. Cut with doughnut cutter with the hole cutter attached. Bake in dutch oven until completely done. Put out in the sun to be

ACH'KIPAK NO'KIYA Con't.

sure the bread is dry. Remember this bread is supposed to be hard and dry. This bread is strung and hung up for future use. The backbone of wild game or beef or pork can be cooked keeping the broth up during the cooking. When the meat is done add ten or twelve or these rings of bread and continue cooking until the bread softens and mixes in the stew. Do not try to eat this bread unless it has been softened, or you might break a tooth. This is a favorite of men.

MANDAMIN PONE

Potawatomi

"Corn Pone"

2 c. cornmeal

1 c. flour

2 tsp. baking powder

2 tbsp. sugar

$\frac{1}{2}$ tsp. salt

4 tbsp. bacon grease

2 eggs

$1\frac{1}{2}$ c. milk (can add more)

Mix dry ingredients. Add milk then eggs and grease. Beating well after each addition. Put bacon grease in castiron skillet and pour mixture in. Cook very slow until brown then turn over and cook the other side. Low fire is a must for this bread that is cooked on top of the stove.

STOVE TOP BREAD

(Rosemary-Wichita)

3 c. flour

2 tbsp. shortening

1 pinch salt

1 c. warm milk or water

2 tsp. baking powder

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STOVE TOP BREAD Con't.

Mix in usual manner. Knead into a dough and make into three doughballs. Roll to size of skillet. Grease skillet lightly and cook bread on top of stove over medium heat.

SKI'BAHGIAH DUGWHA (?? Shawnee) "Blue Bread"

3 c. hominy grits ½ tsp. pea hull ashes

Add boiling water to make dough. Pat out as you would biscuits and drop in boiling water in pot till cooked.

CEKSKIBPLKE DUGWHA (?? Shawnee) "Sour Bread"

1 level tsp. baking soda 1 tsp. sugar

2 c. white cornmeal 2 c. lukewarm water

Mix and let stand two or three days. Then stir thoroughly and add 1 c. flour slowly to dough stage. Pour in well greased breadpan and bake at 350 degrees until brown.

PEGNAU (Mrs. Veitenheimer- Potawatomi)

Gather 12 ears field corn (in milk). Cut from cob, then scrape cobs. Knead to a paste. Add just enough sugar so bread browns good. 1 level tbsp. salt and 2 tbsp. bacon grease. Add just enough flour to thicken. Bake until brown as you like.

CAMP MEETING STEW

(Junita-Creek)

Cook sofkey grits until three fourths done. Add short ribs of beef that have been baked or browned. Let simmer until meat and sofkey grits are tender. Salt and pepper to taste.

ALL INDIAN'S STEW

1 arm roast (5lbs.)

8 c. yellow hominy

6 large white potatoes

6 large onions

Cut roast into stew size pieces. Can flour and brown meat if want. Add a good sized piece of suet to pot. Add water as for soup. Cook meat slowly until almost done. Add vegetables that you have prepared and cook another hour with meat, keeping the broth up. Salt and pepper to taste. Serve with squaw bread.

MENUDO OF TRIPE

(Effie-Otoe)

3 qts. water

1 tbsp. salt

Have boiling.

Wash and scrape tripe in three changes of cold water. Cut in one inch squares and add to boiling water. Boil one and one half hours. Dice 3 carrots and 2 med. potatoes and add to meat. Cook 30 min. longer. Add 1 - #1 can of Garbanzos- 1 med. onion diced and browned. $\frac{1}{2}$ tsp. cumin, 1 tsp. chili powder, $\frac{1}{2}$ tsp. paprika, salt and pepper. Add water during cooking to keep broth up.

DRIED MEAT SOUP

Boil pieces of dried meat and chopped onions in a pot of water. When meat is done add thickening of flour mixed in water, salt and pepper. Cook until broth is clear. Good with fry bread.

KICHIWEY STEW "Bull"

Potawatomi

1 -5 lb. roast	6 onions
2½ c. fresh pumpkin	8 tomatoes
2 c. peas	4 white potatoes
8 carrots	2 c. whole kernal corn
salt and pepper	

Cook meat that has been cut in small pieces, long and slow so it will be tender. Add prepared vegetables, pepper, and chili powder to taste. Simmer on. Add salt to taste last thirty minutes of cooking. Good with squaw bread.

SIKSI STEW "Deer"

Potawatomi

5 lbs. deer meat	4 white potatoes
4 onions	6 carrots
1 c. peas	2 c. celery

If wild taste is too strong soak in sweet milk two hours then cut stew meat and cook until tender. Add vegetables and salt, and finish cooking.

MANDAMIN & PENIYAK SOUP

Potawatomi

"Corn & Potatoe"

5 large white potatoes 12 fresh ears of corn
butter (to your taste) salt and pepper - milk

Cook potatoes until almost mushy. Leave three inches of pot liquor in pot. With a very sharp knife shave tops of corn kernals catching them in a bowl. Then scrape corn cobs and catch in bowl. Mash the potatoes. Add corn, pepper and butter. Cook five minutes. Add just enough milk to thin soup. Five minutes and it is ready.

POKE GREENS

Early in the spring you will find poke growing along fence rows and in fields. Gather the poke when the leaves are not over six inches long so it will be tender. Do not gather any more than you will use. It cooks down some like spinach. Wash until water is clear. Parboil in salted water fifteen minutes and pour all water off. Put in skillet and pour some bacon grease over greens. Add pepper, mix well and cook about thirty minutes longer. Pepper sauce or vinegar is good to add.

WILD GREENS

The following greens are cooked the same as poke. Lambs quarter, wild mustard, wild lettuce, sour dock, and dandelions. Whatever you do, do not omit the bacon grease when cooking.

"Wild Onions"

You will find watercress around springs and, at the edge of a stream or river. It is best to look the watercress over when you pick it. Put the little snails back in the water because they serve a good purpose being there. You do not need to eat those tiny things now, do you! Be sure you get wild onions and not dog onions. Wash them, clean them, and steam them in small amount of water until tender. Chop and add to cleaned cress and fix just as you would wilt lettuce. Fresh good taste.

SKINNED CORN OR HOMINY-TAHNLOBA

Chickasaw

16 qts. of 'squaw corn

16 qts. clean ashes

3 to 4 gallons cold water

Build good fire under big cast iron pot. (Wash pot size) Pour water in pot. Add sifted ashes and bring to a full boil. Add corn and stir until skinned. Wash until clean. Soak in clean water overnight. This can be used in several ways. One is to cook the same as you would cook beans, with salt pork.

TUNCHIE PASHOFA

Chickasaw

6 lbs. hominy

6 lbs. fresh pork

3 gallons water

Use large cast iron pot. Bring water to full boil, add hominy and stir constantly so hominy will not scorch. When hominy is about three fourths cooked, add meat cut in small pieces. Cook until tender.

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Tunchie Pashofa, Con't.

The soup should be thick. Any salt used is added if wanted by each person after they have been served.

SCRAPPLE

1 c. yellow cornmeal	2 c. water
2 c. milk	1½ tsp. salt
2 c. ready cooked beef	1 sweet pepper (chop)

Add cornmeal to salted water. Cook until thick. Add milk, meat, and pepper. Rinse loaf pan in cold water and fill with mixture. When cold slice $\frac{1}{2}$ inch thick. Dip in cornmeal and fry until brown.

TAHNLOBA * * (original) Chickasaw

A wooden mortar made from a log about two and one half feet high and two feet across. Post oak was usually the wood chosen for this. The log was hollowed to make a bowl that was large at the top and slanting to be narrow at the bottom. Smooth from top to bottom. It was done by burning. By carefully starting a fire on the top of the log, and fanning also by blowing through a piece of cane using a circular motion to make an even round cavity. The charred wood scraped out. Continued until a depth of one and one-half feet is reached. The cone shape keeps the grains of corn from spilling over the top.

The wooden pestle was made by cutting a small hickory tree about six inches in diameter, and five feet long. One foot is left the original size. This is the top of the pestle and serves as a weight. The remaining wood is cut for a handle about two inches in diameter, and rounded to be held easily in the hands, and the grinding of the grain is easier.

The fanner is shaped like a scoop shovel with one end open and flat. The other end is rolled up at the edge about four inches and cupped to form a pocket. The fanner is made by weaving split cane, and is about two and one-half inches from pocket to end. The fanner is used by holding in the hands and shaken tossing the broken pieces of corn so husks gather at the open end. Husks are blown or fanned off in the wind.

The riddle is a coarsely woven basket with small holes left in the bottom when finished. This is an almost flat basket with the corners pulled up and cupped. This makes it easier to hold the grain. The grain is poured out of the fanner into the flat basket called the "container". The sifted pieces are small rice size bits of corn, and is usually used for the plain boiled tahnloba. (Hominy). Larger pieces are put in a dry container with a lid to be used with meat or vegetable dishes later. If cornmeal or corn flour are wanted, more grinding in the mortar must be done.

TAHNLOBA * *

Ash hopper is easy to make. Get four 2x4s two and one half feet long. (Saplings will do also). Pound in ground to form a rectangle 2'x4'. 2 - 1"x4" 2' long and 2 - 1"x4"s 4' long. These are nailed lying flat on the corner posts to make the frame for the hopper. The hopper will be two feet high. In the center of the 2 foot ends of the frame put the braces for the log through that will be just a little above ground level. The brace on one end must be 2" higher than the other. Let this be the closed end of the trough so you can tell at a glance the end you put the vessel to catch the lye in. The open end of course. The log must be $5\frac{1}{2}$ feet long. A V shape is cut in the log that is large enough to hold the oak boards (6"x24") about 1" thick. These boards are placed inside the frame and brought together in the log at the bottom.

WOOD ASH LYE

2 quarts clean wood ashes 1 quart boiling water

Makes 1 pint lye.

Sift clean wood ashes until only powder fine ashes remain. Put measured ashes in cloth bag or bags and place in hopper. Pour boiling water slowly into bags of ashes. Lye water can be kept in quart jars until needed.

ASHES BLACK EYED PEA HULLS

Dry clean pea hulls are burned to ashes in a cast iron pot. Sift ashes. Add just enough cold water to hold ashes together and roll into walnut size balls. Put these some place to dry. When completely dry place in quart jars until needed. These keep a long time. These ashes are used in many Indian dishes.

INDIAN MUSH

3 c. parched squaw corn Pound in mortar

Sift corn in riddle. Use larger pieces of corn adding them to 1 quart of chicken or meat broth. Cook about one hour or until corn is tender. Now take the powdered corn and add a small amount of water to add as a thickener. Add to cooked mixture and stir until thick. Keep fire low at this time so food will not scorch.

BROADSWORDS

Add salt to grated fresh corn. Boil or steam until done. Tie up in green corn shuck.

CIGAGA'WUN & WAWIN Potawatomi
"Wild Onions & Eggs"

Gather wild onions in early spring. Wash and clean then wash again to remove all sand. Chop onions and put in pan with a

Cigaga'wun & Wawin Con't.

small amount of water. Steam slowly until tender. Remove from pan and drain. Put bacon drippings in skillet; add onions and well beaten eggs. Cook until eggs are done.

MANDAMIN & MISKODI'SSIMIN

Potawatomi

"Succatash"

Fry five slices of bacon 'till crisp. Remove bacon and save until later. Over medium heat cook one onion and one-third cup chopped green bell pepper. When onion has browned lightly add two cups golden corn and two cups baby lima beans with two tablespoons butter, salt and pepper. Simmer 15 minutes and serve. Good with fresh cornbread.

NETCHEMININ & MANDAMIN

Potawatomi

"Peas and Corn"

Shell and snap fresh blackeyed peas. Add one cup fresh corn cut and scraped from cob for three cups peas, and just the last twenty minutes peas are to cook. Salt and pepper.

OGWISSIMAU'N & MANDAMIN

Potawatomi

"Pumpkin and Corn"

Use fresh pumpkin. Peel and cut; then boil in a little water. Add 2 c. whole kernal corn and sugar with butter to taste.

WILD MUSHROOMS

Potawatomi

"Morell"

These mushrooms are found early in the spring. Usually as soon after cold weather when three or four warm sunny days cause a warming of the earth. I have always found them in the woods close to a river or stream. They pop right up through the leaves. These are the small off white mushrooms that are shaped like a tiny Christmas tree. Like the ones we colored in the first grade at school. Be sure not to gather mushrooms unless you know for sure they can safely be eaten. Another thing to be careful about is; BE SURE NO POISON MUSHROOMS ARE IN THE PLACE YOU FIND THE ONES THAT CAN BE EATEN. The spore from the poison mushrooms will contaminate them!!! When you get the mushrooms home wash and clean them using plenty of fresh water. Put them in a glass bowl or jar of cold salted water. Always cook and eat mushrooms the same day you gather them. I make a batter and deep fry the mushrooms.

MUSHROOM BATTER

1 c. flour

Mix all ingredients. Add milk

1 egg

enough to make a dough and beat

Salt $\frac{1}{4}$ tsp.

well. Add milk, stir in, and beat.

Milk

Do not get too thin. Add drained

mushrooms. Deep fry to a golden brown. Serve hot.

NO'KIYA & KO'TCHIS'UK

Potawatomi

"Dumplings and Beans"

2 c. cornmeal 1 tsp. salt $1\frac{1}{4}$ tsp. baking powder
2 Tbsp. fat $\frac{1}{2}$ tsp. soda water

Mix all dry ingredients well. Work fat in mixture with water to form a stiff dough. Roll thin on floured board. Cut small squares. My Dad called these slickers. Drop in boiling beans one at a time. Cover and simmer fifteen minutes. Remove from heat and keep covered until served. Best when hot.

MIS'KODI'SSIMIN CAKES

Potawatomi

"Bean Cakes"

$\frac{1}{4}$ c. mashed cooked beans $1\frac{1}{2}$ c. fine chopped onion
cornmeal

Mix beans and onion with enough cornmeal to make cakes hold together. Fry in bacon grease in castiron skillet. When the small cakes brown turn over and cook until brown. Serve hot.

SHIA'K ANIBI' WANAK & KO'KOCH O'NU'KO'

"Slippery Elm Bark & Hog Fat" Potawatomi

Slippery elm, (the inner bark) is cut in strips, rolled in about a three inch roll and tied. These rolls are dropped in cool fresh lard to keep from getting rancid. This also is good in fats of other animals.

FRIED GREEN TOMATOES

Gather green tomatoes just before they begin to change color. Wash and slice. Salt slices then cover with flour. Fry over medium heat until brown then turn and brown on other side.

FRIED OKRA

Gather okra when the pods are about $2\frac{1}{2}$ inches long. Wash and cut in $\frac{3}{4}$ inch pieces. Use well beaten eggs to coat okra then salt and pepper. Shake in a mixture of flour and cornmeal and fry in bacon grease until browned.

NIGI'SI'SOWA MISA'TOK IN WABIGAN KU

Potawatomi

"Bake Ears of Corn in Clay Earth"

Pull shucks back on corn. Be careful not to pull shucks off. Remove corn silk and wash corn shucks and all. When all corn has been prepared take wet clay and cover the corn. Let your wood fire burn to ember stage, and move the fire over enough to cover the clay coated corn with the hot ashes. When the clay is dry break open and eat the corn with butter, salt and pepper. A complete meal can be prepared in this manner. You may like to try some of the following foods cooked this way. Potatomies liked to cook in this style when the weather was cold and they were busy gathering wild duck marsh rice in the
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"Bake Ears of Corn in Clay Earth" con't.

fall, or the foods they gathered to dry for their winter supply. Meat has to be started cooking first because it takes a longer time to cook. You have a choice in the way to cook the fowl.

CLAY BAKED WILD PIGEONS AND OTHER BIRDS

First you catch the bird. Chop its head off. Gut the bird. Chop its feet off. Wash the inside of the bird clean and rub with salt. Leave feathers on the bird and completely cover the bird with clay. You want at least two inches of clay around the bird. Place birds in embers and cook about one hour. When the clay is removed feathers come off with the skin and the meat is not touched with feathers. The other way is to skin the birds before cooking and wrapping in soaked corn shucks before covering with clay. I prefer the last way. But many men like the feathers left on. Other birds baked in this way are quail, pheasant, grouse, and small chickens.

NIGI'SI'SOUA PINIAK IN WABIGAN KU Potawatomi

"Baked Potatoes in Clay Earth"

Scrub potatoes good and clean. Rub grease all over the potatoe, but not so much the clay will not hold. Start the potatoes to bake as soon as you get the birds in. You will need to add the

"Baked Potatoes in Clay Earth" con't.

hot embers from your fire as the others cool. Remember it just takes corn about fifteen minutes to cook this way so cook them last, and all of your food will be hot to eat at the same time. You can also cook bean patties this way. Just be sure to wrap them good before putting the clay on.

PEGNAU

Potawatomi

Wrap this fresh grated cornbread in softened cornshucks.

Put clay on shucks and bake in ashes.

PIK'ANOKEK' & MANDAMIN

Potawatomi

"Nuts & Corn"

Pick kernals of 1 gallon hickory nuts and have them ready.

To 1 gallon cracked corn add enough water to cover corn and start cooking. Put nuts in mortar and beat until greasy. Add $\frac{1}{2}$ cup of broth from cooking corn, and keep beating until mashed nuts are dark brown. Take from mortar and add to corn when corn is done. Cook long enough for the nut butter to mix in and flavor corn.

INICINABE MUSH

Potawatomi

"Indian Mush"

1 quart chicken broth

grits from 3 c. parched squaw corn

"Indian Mush" con't.

Cook grits in broth until done. About an hour. When cooked mix corn flour with water and stir into broth to thicken. Keep the broth stirring until clear or it will scorch.

KOTCHES'UK ININA'TIG & BA'BOAN Potawatomi
"Carrots Maple Sugar & Wild Ginger"

Butter baking dish. Put layer of sliced carrots in dish. Mix a small amount of ginger in the maple sugar and sprinkle lightly over carrots. Dot with butter. Layer like this until dish is filled. Add just enough water to steam carrots. Bake until the carrots are tender.

BOKI'MINASUN Potawatomi
"Cranberry"

Gather fruit. Wash. Place in pan with water to cover cranberries. Cook until they pop. Add maple sugar to taste. Cook until done.

ABA'KWEUCK Potawatomi
"Cat-tail"

The male cat-tail at the top of the plant has a husk. Gather it early in the spring. Peel and boil it; then serve it like fresh corn. Pull up some plants. Bottom used in salad. The roots of the cat-tail when ground make good flour.

PIKAN'OK PINIAK Potawatomi
"Nut Potatoe" (Jerusalem Artichoke)

Look for a late blooming sunflower type plant with an all yellow bloom with never more than a dozen petals. Yes they grow in Oklahoma. You would never think so with the prices they are in the stores. It is the only member of the sunflower family that produces tubers. One plant will have two or more quarts. They keep well in the refrigerator. Boil or steam these small tubers that look like a small potatoe. They have a nutlike flavor.

AUNT ELLA'S MEAT PIES Potawatomi

4 c. flour	1 tsp. salt
2 tsp. baking powder	1½ c. hot water

Mix dry ingredients well, add water and make dough. Roll out on floured board. Cut dough.

2 lbs. hamburger	1 c. cooked rice
4 tsp. chili powder	4 fresh hot peppers
salt and pepper	

Put meat and all but rice in skillet and cook until done but not browned. Add cooked rice. Put meat on dough. Fold and pinch edges together. Fry in deep fat. Drain on paper towels.

"Red Oak Acorns"

Wash acorns to be sure they are very clean. Build a fire under a big cast iron pot. Pout four gallons of cold water in the pot. Add two gallons of clean sifted ashes. Now put two gallons of clean acorns in the pot. Bring to a full boil and stir until skinned. Wash in many changes of water until clean. Soak in clean water overnight. Pour off water and put the acorns in the sun on a framed screen to dry. Some of the nuts may be ground in the mortar just as you grind corn. When grit or rice size cook as you would cook cereal. Good with butter and also milk and sugar. My Dad called this samp.

FRIED CORN CREAM STYLE

10 ears ripe corn butter 1 c. milk

2 heaping Tbsp. sugar salt and pepper

With skinning knife (very sharp) slice the tip ends off the corn. Then with a knife not so sharp, scrape each cob until all corn is removed. Put enough butter in a heavy cast iron skillet to keep the corn from sticking, and add corn. Add sugar, salt and pepper, and $\frac{1}{2}$ cup of water. Cook over very low heat stirring for five minutes. Add two Tbsp. more butter and the milk. Cover and cook ten minutes longer. Serve hot.

CORNMEAL GRAVY

Brown 2 heaping Tbsp. in meat grease. Add 2 c. milk and stir until thickened. Serve with meat and cornbread.

FRIED SWEET POTATOES (INOLA -Cherokee)

Wash and peel enough sweet potatoes to fill a cast iron skillet when sliced. Put ham and bacon grease in skillet and fry with lid on over a low fire. Stir now and then. Add sugar and just enough salt to keep from tasting flat and cook about thirty minutes longer. Serve hot.

INICINABE NIDO'TOWA

Potawatomi

"Indian Do" or "Trail Stew"

1 c. hickory nuts	1 c. butternuts
1 c. walnuts	1 c. pecans
4 c. ground dried meat	1 c. strong coffee
4 c. ground parched corn	rich meat broth
salt and pepper	

Grind nuts in a mortar to a paste. Add meat and corn alternating with salted broth to a stiff mixture. Form into balls the size of a lemon. Store in jars in a dry place. When wanting to use, boil pot of water. Add two of these balls at a time until right thickness is obtained. Or they can be eaten as is because no cooking is needed.

FRIED CABBAGE

Cut head of cabbage as you would for slaw. Put bacon grease in skillet and when hot add cabbage, salt and pepper, and about three Tbsp. sugar. Fry stirring and turning often. You may want more sugar or salt so you must taste cabbage to see before you stop cooking. This must have a lid at all times to steam. Some people like the cabbage scorched a little. Others do not.

POKA'AKWA'YUK & MANOMIN

Potawatomi

"Chicken & Rice"

Get a large fat hen. If you have your own chicken, gut the bird and proceed in the usual way to clean the bird. If bought in a store remove the giblets. Wash the bird twice to get it clean enough to handle. Wash hands. With stiff brush, scrub chicken. Rinse. Place in cold salt water for ten minutes.

Remove from salt water and put in clear water. Scrub in fresh water. Now the chicken is clean enough to cook. This is the way my mother always cleans chicken.

Truss back end of the chicken, but do not stuff. Put in deep pot and add boiling water to half way up on the bird. Cover and simmer one and one half hours. Add one small onion diced, one cubed carrot, one bay leaf, one sprig parsley. One cup wild rice that has been thoroughly washed. Add salt and

con't.

"Chicken & Rice" con't.

pepper to taste. Cover and simmer one to one-and-one-half hours longer. Rice must be tender but firm. Serve hot.

WAGIPIN

Potawatomi

"Crooked Potato"

The seeds and roots of the yellow lotus are gathered. These are gathered in the fall. There are two roots banana shaped and you do not destroy the plant to gather these shoots. Cut across the shoot and you will find a hole in the middle. String the slices and hang in the smoke over the cook fire to dry for use later. They will be as hard as wood when completely dry. Put them in bags and keep them as long as you want. When cooked over embers they taste like chestnuts. The dried roots are cooked in with meat that is being boiled. The broth must be a rich broth so it may be necessary to add suet when cooking wagipin with beef. The seeds are roasted under hot cinders and taste like chestnuts. This is a favorite food for most Indians.

TUNCHIE PASHOFA

Chickasaw

6 lbs. cracked corn husked

3 gallons water

6 lbs. fresh pork

NO SALT!!!!

con't.

TUNCHIE PASHOFA con't.

Pour water in large cast iron pot. Bring to a rolling boil and add corn. Keep fire low to keep from scorching. This also must be stirred all of the time to avoid scorching. When corn is about a fourth of the time from being done, add pork that has been cut in three inch pieces. Cook until pork is done and soup is thick. Each person salts own food.

METHODS OF DRYING FOODS

Beef * The hind quarter is best. Cut and slice very thin. Put a layer of meat in the bottom of a tub. Sprinkle a good hand of salt over meat. Layer up in this same manner until all meat is used. Cover with a clean cloth and let stand overnight in a cool place. Dry on top of house or a building in the sun. Turn meat often until thoroughly dry. Good for hash; pre-boil then beat or grind in mortar.

Deer * Cut meat in very thin strips. Completely cover with pepper using a pepper shaker, to keep insects away. Bring in before sunset or if it rains. A metal clothesline is a good place to string the meat. Restring the meat each sunny morning until it is dry and stiff. This meat keeps indefinitely without refrigeration. Good to have along when hunting or fishing.

Corn * Gather corn when it is ripe. Boil ten minutes with the shucks on. Later in day pull back the shucks, tie in bunches and hang up to finish drying. Shell corn and store in a container that will keep corn dry.

Pumpkin and Squash * Select the best of the lot, peel, remove seeds, and cut in slices. Put them on clean cloth and cover with screen frame in sun. Turn often. Put in bags and hang.

Apples * Gather apples. Peel, core, and slice. Put clean cloth on screen frame. Spread apples and put second screen frame on top. Turn often. Store when dry.

Apricots, Peaches etc. * Are cut in half, pits removed, then dried in the same way as the above.

AN INDIAN WAY TO PLANT

If you are going to plant something that will require a lot of water like tomatoes, dig the hole deeper and put four pieces of corncob in the bottom. Go fishing and bring carp or non-game fish home with you. Cut the fish in pieces if large, and put in the holes on top of the corn cobs. Cover these with dirt and plant in the usual way.

KIKOS
"Fish"

Potawatomi

First catch the fish, scale or skin, cut off head and fins, and gut. Wash good. Put in ice chest. Now take it home. Soak fish for at least one hour in salted buttermilk. Take out of buttermilk and put in meal and fry to a golden brown.

MU'KITCHAKS OKADAGIN

Potawatomi

"Frog Legs"

Much depends on what part of the country you are in when we are going to prepare frogs to cook. For example, in Missouri the one thing you do not do is throw away all that meat. You cut off the head and feet, skin and gut the frog, and the tendons in the legs, and cook the whole frog. If you only want to keep the legs, this is fine. In a bag put flour, cornmeal, and salt. Shake the frogs in the bag and fry in the usual manner. Oh yes, make sure they are in season!

FISHIN' ? ? ?

Did you ever catch a fish in an old rubber boot? Cut a hole in the toe of the boot, and get in a fairly shallow stream where you see a fish. After you have put the boot in the water downstream so the water runs through the boot, wade through on one side and your fishin' buddie on the other, and just see where that fish goes!!!

WA 'BOS

Potawatomi

"Rabbit"

Get a fresh dressed rabbit, wash and cut up, put flour, salt and pepper in bag, coat rabbit and fry. Make cream gravy too.

QUAIL

For prepared quail. Split birds, flour. Fry and brown birds on both sides. Turn bone side down, reduce heat and cook twenty minutes. Serve with biscuits and cream gravy.

SIKAI STEAK

Potawatomi

"Deer Steak"

Salt, pepper, and flour deer steak on one side. Take a saucer and beat steak just as you beat round steak. Turn over and do the same. Put grease in cast iron skillet. Heat. Cut an onion in two. Stick with meat fork and circle around in grease until onion turns dark brown. (Not Black) Throw the onion away. Now cook the steak the way you like steak. No, it won't taste like onion!

SIKAI NIGI 'SI 'SOWA

Potawatomi

"Deer Bake"

Soak roast in milk in morning before you start to cook for two or three hours in the refrigerator. In large roasting pan

"Deer Bake" con't.

put bacon grease and heat. Take meat out of milk and flour. The milk will hold flour on. Brown on all sides very fast. Remove from heat. When grease cools a little add water to come one fourth of the way up on the roast. Put bay leaf at each end of pan. Add 1 tsp. nutmeg to water around roast. Put a sprig of parsley on each end. Bake 1 hour. Add potatoes, carrots, and onions. Cook $1\frac{1}{4}$ hours. Make thickening of cornflour and water to make gravy from broth. Add salt and pepper to taste.

EEL

The eel that is good to eat has skin that looks like catfish skin, and when you skin it the underbelly is a very bright blue. DO NOT EAT BROWN EELS. Skin eels and drop in boiling salt water. (After you cut heads off, and gut them). Boil five minutes. Remove from water and shake in flour and cornmeal that is salted. Fry as you would fry catfish. Brown on all sides.

"Turtle Bake"

Do not throw those pesky turtles away that have been stealing all of your bait! Cook them. Clean turtle by putting in boiling water. Boil about forty-five minutes, remove from water and when they get cold remove the shells. Very carefully extract the heart and entrails, being careful not to break the gall bag. Put in a pan with a small amount of water so it won't stick. Sprinkle salt and pepper over top, cover and bake at 350 degrees for thirty minutes. Mix butter, lemon juice, garlic salt, and cayenne pepper. Heat and pour over top just before serving.

ROAST DUCK

Put on roasting rack in roasting pan after you put 2 quartered apples and some celery leaves inside duck. Stick skin all over so some of the fat will drain in cooking. Cook at 325 degrees thirty minutes for each pound. Pour off fat when it accumulates. Turn often to brown evenly. Good with rice and applesauce.

SQUIRREL

INICINABE

Skin and gut the squirrels. Fry only young squirrels.

Run over the fire for several times to remove any hair from the meat. Wash and put in water until ready to fry. Cook when ready to eat so meat and gravy are hot. Put flour, salt and pepper in brown paper bag. Put wet squirrel in bag, shake to coat well with flour and fry until brown. Remove meat, put in pan in 375 degree oven to keep hot while you make cream style gravy. Put squirrel under your biscuits that are cooking on top rack.

ROAST GUINEA HEN

Wash and clean real good, just like chicken. Cut in serving size pieces and put in salted water until ready to bake. Make cornbread dressing, put in pan and put guinea hen pieces around, stuck in top. Bake about 2 hours at 350 degrees.

CORNEREAD

1½ c. cornmeal (yellow)	½ c. flour
2½ tsp. baking powder	1 tsp. salt
2 Tbsp. grease	2 eggs

Mix dry ingredients well and add milk and eggs. Mix and beat. Add grease and stir in. Pour in greased baking pan. Bake 1 hour at 350°.

CORNBREAD DRESSING

Cornbread (above) break in small pieces. Add 1 c. chopped onion, 1 c. chopped celery, 2 eggs, 1 lb. sausage, and about 2 c. broth. Salt to taste. Mix all ingredients in big pan. Stir and mix again. Add more broth if needed. Not soggy, just right. Bake 1 hour at 350 degrees.

MINAGA'WUCK MA'MIYE'CHKITCHI'KETIJIK

(Filling) "Blueberry Cobbler" Potawatomi

2 quarts blueberries	$\frac{1}{2}$ c. lemon juice*
2 c. sugar	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ c. water	4 Tbsp. cornstarch
$\frac{1}{2}$ cube butter	

Put first five ingredients in pan and cook over medium heat stirring to keep from sticking. Mix 4 Tbsp. cornstarch in $\frac{1}{2}$ c. water and add to cooked berries stirring fast to keep from lumping. Pour berries in dough-lined pan. Dot top of filling with $\frac{1}{2}$ cube butter. Cut your own design in top dough and cover berries. Bake at 375° thirty minutes. If you like crust darker cook a little longer. Serve with milk over the top or as is. Good hot or cold. *Use Lemon juice for cultivated berries only. Wild berries don't need it.

CRUST

2 c. flour	4 tsp. baking powder	1 tsp salt
4 Tbsp. shortening	$\frac{3}{4}$ c. milk	

Con't.

CRUST, con't.

Mix all dry ingredients well. Add shortening and work all through the flour mixture. Add milk and work to a soft dough but not sticky. Roll a little over half of the dough out on a floured board. Roll thinner for biscuits. Line bottom and sides of cobbler pan with dough. Roll out rest of dough to use for top.

PIE FILLINGS

Potawatomi

"Blueberry"

"Minaga'wuck"

3 c. blueberries

pinch of salt

3/4 c. sugar

2 Tbsp. flour

1 Tbsp. lemon juice

1 Tbsp. butter

Mix first four ingredients and pour into your unbaked pie crust. Sprinkle lemon juice over top. Dot with butter. Add top crust. Rub a little cream on top crust and bake to golden brown.

"Minaga'wuck"

4 c. blueberries

mix in pan:

1 c. sugar

3 Tbsp. cornstarch

pinch salt

1 c. water

1 c. of the berries

"Minaga'wuck" con't.

Cook over low heat or in a double boiler until thick. Add rest of berries and 1 Tbsp. butter. Mix well and cool. Pour into a 9" baked crust. Top with one cup of whipping cream, whipped and sweetened.

KATE'OMINUK

Potawatomi

"Blackberry"

4 c. berries (mash some) 1 c. sugar pinch salt
4 Tbsp. cornstarch 1 c. water

Mix all ingredients and pour in a 9" pie crust. Cut a design in top crust and cover berries. Moisten edge of bottom crust and crimp edge of crusts together. Bake 350°.

PIKAN'OKEK CHO'WIGIU

Potawatomi

"Nut Butter"

2 gallons shelled blue corn (dry). Pound in mortar to a powder. Parch dark brown in oven.

5 lbs. nut meats. Brown slowly in oven. Pound in mortar to a paste. Combine nut paste and corn flour and sugar to taste. It is good on crackers or bread. Not unlike peanut butter.

PUNKIE ULHFOLAH

Chickasaw

2 quarts possum grapes

1 gallon water

Boil grapes in water until water turns purple. Remove grapes and run through sieve. Add 2 cups sugar and simmer while you mix the dumplings. Save 1 cup of juice to put in dumplings. (No sugar in this juice).

DUMPLINGS

2 c. flour

3/4 tsp. salt

1 1/4 tsp. baking powder

1 Tbsp. butter

Mix dry ingredients well. Add butter. Add juice to make stiff dough. Roll out on well floured board 1/2 inch thick. Cut in squares and drop in hot juice. Cover pot and simmer 25 minutes.

ATE'IMIN PIE

Potawatomi

"Strawberry"

1 1/4 c. sugar

4 Tbsp. cornstarch

1/4 tsp. salt

3/4 strawberry juice

Cook in top of double boiler until thick, stirring so mixture won't stick. Cook over water 20 minutes. Fill 9" baked crust with 3 cups berries added to cooked filling. Top with whipping cream.

KATE'OMINUK
"Blackberries"

Potawatomi

8 c. berries cooked in 2 cups of water and mashed through a large strainer to remove seeds. Return pulp to juice and add $\frac{1}{4}$ tsp. salt, 4 Tbsp. cornstarch, $2\frac{1}{2}$ c. sugar (the last three mixed thoroughly). Cook over medium heat stirring to keep from sticking, until thick. This is the filling for fried or baked pies. Make rich biscuit dough, roll thin and cut for fried pies. Fill and seal. Deep fry or bake to golden brown.

PERSIMMON PUDDING

1 c. persimmon pulp	$\frac{3}{4}$ c. sugar
$\frac{1}{2}$ tsp. soda	1 tsp. baking powder
1 c. flour	2 Tbsp. butter
$\frac{3}{4}$ c. water	

Mix and sift all dry ingredients. Mix butter in. Add persimmon pulp easing in with water. Put in buttered baking dish and bake at 350° for about one hour. You must put baking dish in a pan of water to keep from burning. Serve with cream, whipped or not.

PERSIMMON COOKIES

1 c. persimmon pulp	$\frac{1}{2}$ c. butter
$\frac{1}{2}$ tsp. cinnamon	1 tsp. soda
$\frac{1}{2}$ tsp. nutmeg	2 c. flour
2 eggs	1 c. sugar
1 c. raisins	1 c. chopped nuts

Combine pulp, soda, and well beaten eggs. Cream butter and sugar. Sift flour and spices. Mix all together. Spoon on pan. Bake at 375° for 12 minutes.

	WABASI'PINIAK	Potawatomi
(Broad leaved Arrowhead)	"White Potato"	

Round corns attached by tiny stems to a mass of fibrous roots of this plant are gathered and a favorite food of Indians. They are cooked by the pit method. Deer meat, these potatoes, and maple sugar.

PIT OVENS OF THE POTAWATOMIES

Dig a hole five feet square and deep. Put in the bottom of the pit stones (no flint stones), and build a fire on them until nearly red hot. Wet moss is then put on top one and one half feet thick. Put wabasi'piniak and mukwodji'bik (Indian Turnip), and any other roots or plants that need to be steamed, on top of the moss. Not quite six bushels. One foot of

"PIT OVENS OF THE POTAWATOMIES" con't.

moss covers the tubers. The stones have to be heated once a day. Remove the moss and tubers start the fire, and repeat from there four days. Then slice and dry those not eaten for use in the future.

AUNT RUBY JEAN SMITH'S MEAT PIES

3 lbs. ground beef	3/4 c. rice (cooked)
1 lg. can tomatoe puree	1 lg. onion (chopped)
1 stalk celery	4 buttons garlic
1/4 tsp. pepper	4 tsp. chili powder

Salt to taste

Put meat and all ingredients except rice in skillet and cook until done but not browned. Add cooked rice. Put meat on dough. Fold and pinch edges together. Fry in deep fat, or bake. Drain on paper towels.

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