

## American Indian Recipes – Family Favorites

### Three Sisters Stew - Algonkian

#### Ingredients:

- 1 Tbsp olive or canola oil
- 1 large onion, sliced
- 1 clove garlic, crushed
- 4 cups yellow summer squash, sliced (about 1 pound)
- 4 cups zucchini squash, cut into 1 inch pieces (about 2 medium zucchini)
- 4 cups butternut squash, peeled and cubed (about 1 pound)
- 3 cups green beans, cut into 1 inch pieces (about 1 pound)
- 1 cup frozen whole kernel corn
- 1 tsp dried thyme leaves
- 2 cans (16 oz each) kidney beans, drained

#### Directions:

Heat oil in dutch oven over medium heat. Cook onion and garlic in oil for about 2 minutes, stirring occasionally, until onion is tender. Stir in remaining ingredients. Cook over low heat 10–15 minutes, stirring frequently until squash is tender. Yield: 6 servings



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## **Baked Indian Pudding**

### **Ingredients:**

½ cup yellow cornmeal  
4 cups whole milk, hot  
½ cup maple syrup  
¼ cup molasses, light  
2 eggs, slightly beaten  
2 Tbsp butter or margarine, melted  
1/3 cup brown sugar, packed  
1 tsp. salt  
¼ tsp. cinnamon  
¾ tsp. ginger  
½ cup whole milk, cold

### **Directions:**

In top of double boiler, slowly stir cornmeal into hot milk. Cook until boiling, and starting to thicken – about 20 minutes – stirring often. Preheat oven to 300° F. Lightly grease 2-quart baking dish. In small bowl, combine rest of ingredients, except the cold milk; stir into cornmeal mixture, and mix well. Turn into the prepared baking dish. Pour the cold milk on top, **WITHOUT** stirring. Bake uncovered for 2 hours, or just until set, but quivery on top. Do not overbake! Let stand 30 minutes before serving. Serve warm, with vanilla ice cream or whipped cream/topping. Serves 8



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## **Cranberry Bread – Iroquois**

**(NativeTech: Indigenous Food and Traditional Recipes)**

### Ingredients:

2 cups flour

grated rind from one orange

1 egg

½ tsp. salt

½ cup sugar

2 Tbsp margarine or butter

1 One pound can of whole berry cranberries (drain and save liquid)

### Directions:

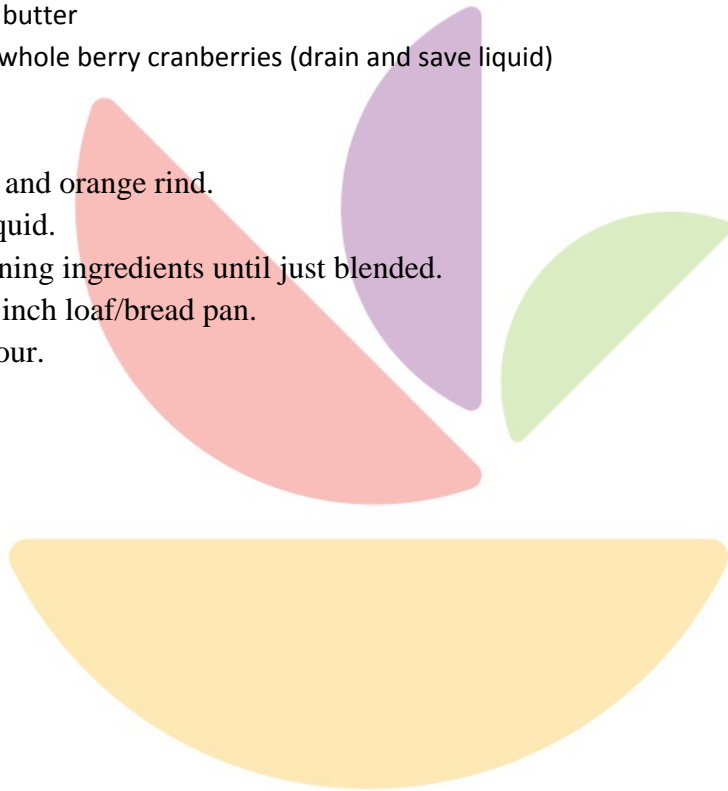
Cream butter, sugar, egg and orange rind.

Stir in cranberries and liquid.

Stir in, all at once, remaining ingredients until just blended.

Pour into greased 9x5x3 inch loaf/bread pan.

Bake at 350° F for one hour.



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## **Maple-Baked Chicken - Abenaki**

**(Indian Country Today – Native Cooking)**

### **Ingredients:**

4 chicken breasts, bone-in or boneless  
½ cup flour, salted and peppered  
2 Tbsp. butter or canola oil  
½ cup maple syrup  
1 tsp. dried savory  
½ tsp. dried sage  
½ tap. dried thyme  
1 large onion, sliced thin  
½ cup water or chicken stock

### **Directions:**

Preheat oven to 350° F. Put the flour, salt and pepper in a strong plastic bag. Put chicken breasts in one at a time and shake to coat.

Melt butter or oil in a large cast iron pan over medium heat and brown chicken breasts on both sides. Pour the maple syrup over the chicken and sprinkle with herbs. Put onion slices on top and around chicken and add water or broth.

Cover pan and bake (basting occasionally with pan juices) for 50 to 60 minutes. Add more water or broth if needed.



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## **Yellow Squash Soup – Owissimanabo (Tuscarora)**

### Ingredients:

1 medium yellow squash – diced  
4 shallots, with tops, chopped  
1 quart water  
2 Tbsp maple syrup  
5 slices cucumber (1/2” thick)  
1 Tbsp salt  
¼ tsp black pepper

### Directions:

Place the squash, shallots, water and syrup into a large soup pot and simmer for 40 minutes, until the squash is tender. Add the cucumber and remove pot from heat. Add salt and pepper, and let mixture stand for 10 minutes. Pour everything into a large bowl and mash until it forms a thick, creamy paste (or use a blender). Put mixture back into the pot and simmer for 5 to 10 minutes. Serves 6.



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## **Baked Acorn Squash**

### Ingredients:

4 medium sized acorn squash

8 Tbsp butter or margarine

16 Tbsp honey

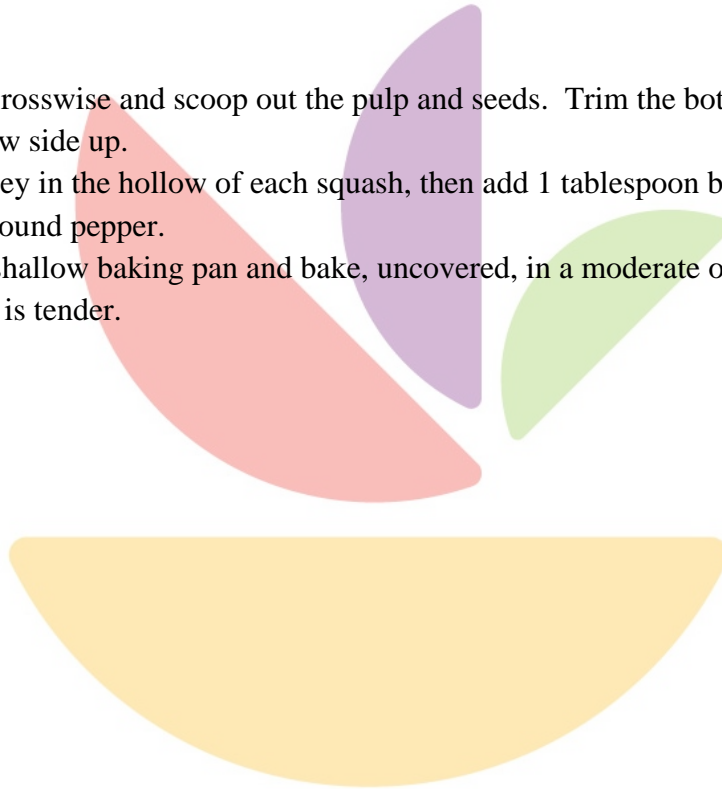
Freshly ground pepper to taste

### Directions:

Slice the squash in half crosswise and scoop out the pulp and seeds. Trim the bottoms, if necessary, so that the squash will sit flat, hollow side up.

Place 2 teaspoons of honey in the hollow of each squash, then add 1 tablespoon butter or margarine to each and a twist or two of fresh ground pepper.

Place squash in a large, shallow baking pan and bake, uncovered, in a moderate oven, 350° F, for about 2 1/2 hours or until the squash is tender.



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## **Creamy Wild Rice Soup**

**(Reese Wild Rice)**

### **Ingredients:**

1/3 cup wild rice  
1 cup water  
½ tsp. salt  
½ cup butter  
¾ chopped onion  
1 cup finely chopped celery  
2 tsp. salt  
¼ tsp white pepper  
¼ cup flour  
5 cups milk

### **Directions:**

In a saucepan, bring wild rice, salt and water to a boil. Reduce heat and simmer 45 minutes or until rice is tender. To prepare soup, melt butter, add onions and celery. Cover and cook gently for 5 minutes until vegetables are tender (avoid browning). Stir in salt, pepper and flour. Remove from heat and add milk, stirring until flour is well blended. Return to low heat. Cook, stirring constantly, until soup thickens. Add the cooked wild rice and simmer a few minutes to blend flavors. Serve hot, garnished with chopped chives. Serves 6.



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## **Cranberry Pumpkin Cake**

### **Ingredients:**

½ cup chopped walnuts  
2 Tbsp brown sugar  
1 1/2 Tbsp toasted wheat germ  
¼ tsp pumpkin pie spice  
1 cup all-purpose flour  
½ cup whole wheat flour  
½ cup toasted wheat germ  
1 tsp baking powder  
1 tsp pumpkin pie spice  
¾ tsp salt  
¼ tsp baking soda  
1 cup plain fat-free yogurt  
¾ cup canned pumpkin  
½ cup packed brown sugar  
2 Tbsp vegetable oil  
1 large egg  
½ cup sweetened dried cranberries  
1 tsp grated orange rind  
cooking spray

### **Directions:**

Preheat oven to 350°F. Combine the first 4 ingredients in a small bowl. Stir and set aside. Combine flours and the next 5 ingredients in a medium bowl, and make a well in the center of the mixture. Combine yogurt, pumpkin, ½ cup brown sugar, oil and egg; stir well with a whisk. Add to the flour mixture, stirring just until moist. Fold in cranberries and orange rind. Spoon batter into a 13x9 inch cake pan coated with cooking spray. Sprinkle with walnut mixture. Bake at 350° for 25 minutes. Cool on a wire rack. Yield: 12 servings.



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## **Creamy Pumpkin Soup**

### **Ingredients:**

2 Tbsp butter or margarine

1 cup onion, chopped fine

4 cups chicken broth

1 16 oz. can pumpkin (not pumpkin pie filling)

1/8 tsp white pepper

4 Tbsp maple syrup

1 cup (or pint) heavy cream

garnish with chives or parsley

### **Directions:**

Melt butter or margarine in large saucepan or small kettle. Add onion and cook until light brown. Stir in broth, pumpkin, maple syrup and white pepper. Cook 10–15 minutes, stirring occasionally. Take off heat and allow soup to sit for 5 minutes. Slowly add heavy cream and mix well. Garnish with several teaspoons of fresh chives or parsley.

Prep time: approximately 20 minutes. Serves 8.



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## **Zucchini Carrot Dessert Bars**

### **Ingredients:**

1 cup vegetable oil  
1 cup honey  
2 large eggs  
1 cup shredded zucchini  
1 cup shredded carrot  
2 cups whole-wheat flour  
2 tsp baking powder  
1 tsp ground nutmeg  
1 tsp ground cinnamon  
1 tsp ground ginger  
1 cup raisins  
1 cup chopped walnuts  
1–2 Tbsp frozen orange juice concentrate

### **Directions:**

Preheat oven to 350° F. Cream together the vegetable oil, honey, and eggs, until light and fluffy. Add the remaining ingredients except the orange juice concentrate, and mix. Spread into a lightly oiled 13x 9 inch baking pan. Bake for 35–40 minutes, until toothpick inserted into center comes out clean. Cool in the pan. Glaze with orange juice concentrate before cutting into bars. Yields 24 bars.



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## **Stuffed Sugar Pumpkin – Hidatsa**

### **Ingredients:**

1 sugar pumpkin (4–5 pounds)  
2 tsp salt  
½ tsp dry mustard  
2 Tbsp lard or oil  
1 lb ground beef  
1 medium onion, chopped  
1 cup cooked white or wild rice (wild rice must be cooked ahead of time)  
3 eggs, beaten  
1 tsp crushed, dried sage  
¼ tsp pepper

### **Directions:**

Preheat oven to 350° F.

Cut the top off the pumpkin and remove strings and seeds. Reserve seeds for another use, if desired. Prick the cavity with a fork and rub with 1 teaspoon salt, and the mustard. Heat fat or oil in a large skillet, add meat and onion and sauté over medium-high heat until browned. Off the heat, stir in rice, eggs, remaining salt, sage and pepper. Stuff pumpkin with entire meat mixture. Place ½ inch water in the bottom of a shallow baking pan. Put pumpkin in the pan and bake for 1 1/2 hours, or until tender. Add more water to the pan as necessary to avoid sticking. To serve, cut pumpkin into wedges, giving each person pumpkin and stuffing.



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## **Blueberry Fritters – Eastern Woodland Indians**

### Ingredients:

2 packages (9 oz each) frozen blueberries  
4 cups flour  
 $\frac{3}{4}$  cups sugar  
3  $\frac{1}{2}$  tsp baking powder  
3 cups shortening or oil for deep-fat frying  
5 eggs

### Directions:

Thaw blueberries well. Drain off syrup and save. Sift together the dry ingredients. Measure the blueberry syrup. There should be about  $\frac{1}{2}$  cup. If not, add water to complete the measure. Place shortening or oil in a heavy, deep kettle and begin heating gradually. By the time you have finished mixing the fritters, the fat should register 350° on a deep-fat-frying thermometer and be just right for frying. Beat the eggs with the blueberry syrup until foamy. Mix quickly into the dry ingredients, and fold in the berries. Drop from a tablespoon into the hot fat. Turn the fritters frequently as they cook so that they become chocolate brown on all sides. Drain on paper towels and serve hot. It may seem odd to associate fritters and dumplings with Indian cookery. Yet Indian women have been mixing berries and batters, wrapping bits of fruit in dough and deep-fat frying them for as long as they have had fruit, flour and fat for frying.



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## **Succotash – Nipmuc**

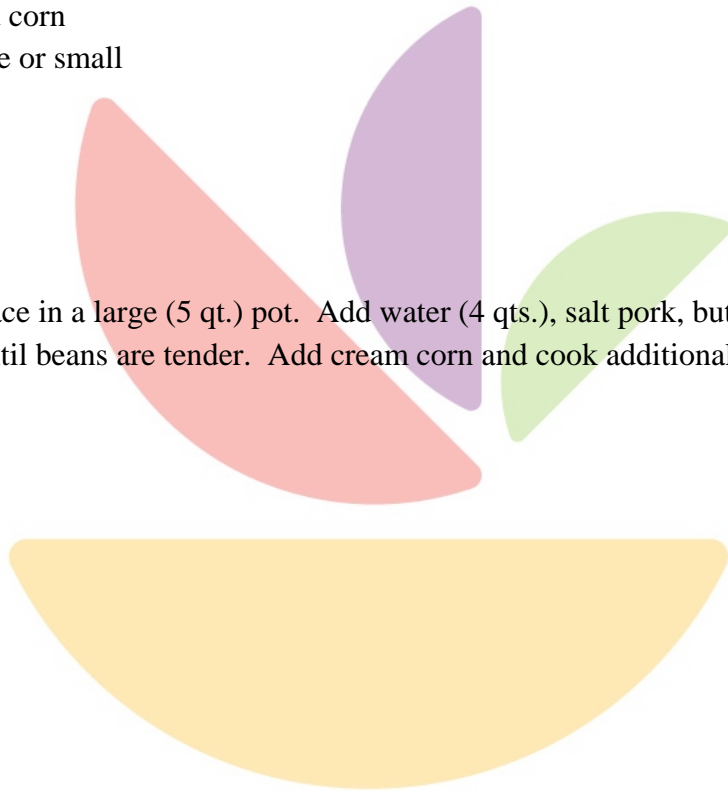
**(NativeTech: Indigenous Food and Traditional Recipes)**

### **Ingredients:**

½ small onion, cut fine  
1 small piece salt pork  
1 can (16 oz) of creamed corn  
1 lb bag lima beans, large or small  
2 Tbsp butter  
½ cup sugar  
salt and pepper to taste

### **Directions:**

Wash lima beans and place in a large (5 qt.) pot. Add water (4 qts.), salt pork, butter, sugar, salt and pepper. Bring to a boil. Cook until beans are tender. Add cream corn and cook additional 5 minutes. Remove from heat and enjoy.



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## **Cranberry Pumpkin Cake**

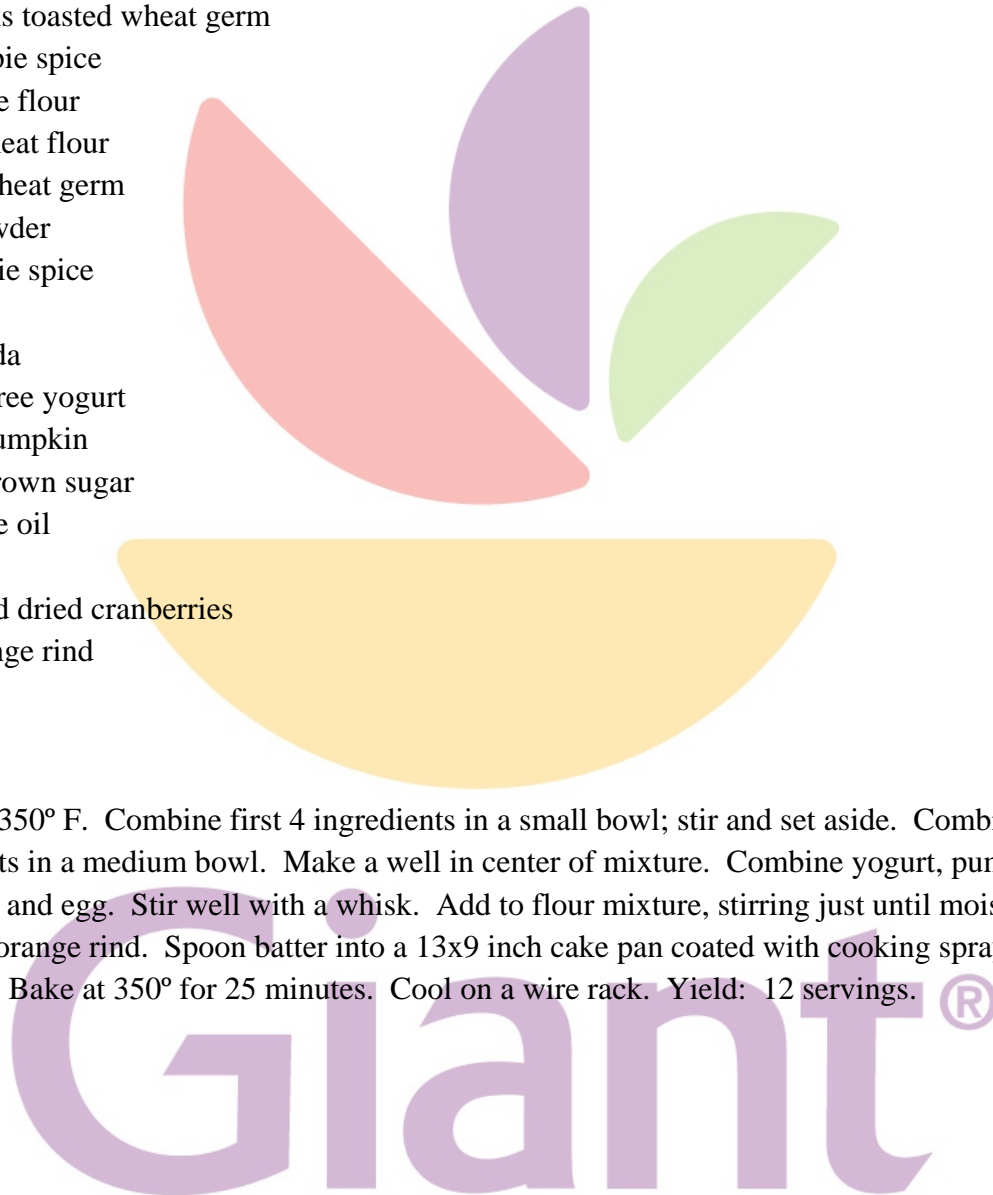
**(Oneida Indian Nation – Three Sisters Cookbook)**

### **Ingredients:**

½ cup chopped walnuts  
3 tablespoons brown sugar  
1 1/2 tablespoons toasted wheat germ  
¼ tsp pumpkin pie spice  
1 cup all purpose flour  
½ cup whole wheat flour  
½ cup toasted wheat germ  
2 tsp baking powder  
1 tsp pumpkin pie spice  
¾ tsp salt  
¼ tsp baking soda  
1 cup plain fat-free yogurt  
¾ cup canned pumpkin  
½ cup packed brown sugar  
2 Tbsp vegetable oil  
1 large egg  
½ cup sweetened dried cranberries  
1 tsp grated orange rind  
cooking spray

### **Directions:**

Preheat oven to 350° F. Combine first 4 ingredients in a small bowl; stir and set aside. Combine flours and the next 5 ingredients in a medium bowl. Make a well in center of mixture. Combine yogurt, pumpkin, ½ cup brown sugar, oil and egg. Stir well with a whisk. Add to flour mixture, stirring just until moist. Fold in cranberries and orange rind. Spoon batter into a 13x9 inch cake pan coated with cooking spray. Sprinkle with walnut mixture. Bake at 350° for 25 minutes. Cool on a wire rack. Yield: 12 servings. ®



## **Iroquois Potato Salad**

### **Ingredients:**

10 cups water  
2 pounds red potatoes, boiled (do not remove skin)  
3 large eggs  
½ cup light brown sugar  
½ cup apple cider vinegar  
2 Tbsp butter or margarine  
1 tsp. dry mustard  
1 Tbsp salt  
½ tsp white pepper  
1 cup cream

### **Directions:**

Put water and 1 tsp. salt in large pot. Heat on high until water boils. Add potatoes. Do not cover with lid. Cook on medium-high heat for 25 minutes. Beat eggs with sugar and vinegar with hand mixer on medium speed for 3 minutes. Add butter or margarine, mustard, ½ tsp. salt and pepper. Cook this mixture on low heat in double boiler until thick. Add cream slowly. Let sit for 2–3 minutes. When potatoes are done, drain and cool. After potatoes have cooled, dice them. Pour egg mixture over potatoes and mix well. Refrigerate. Serves 10.



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## **Easy Rice Pudding**

### **Ingredients:**

4 Tbsp white rice, uncooked

1 1/2 Tbsp sugar

1 quart milk

½ tsp salt

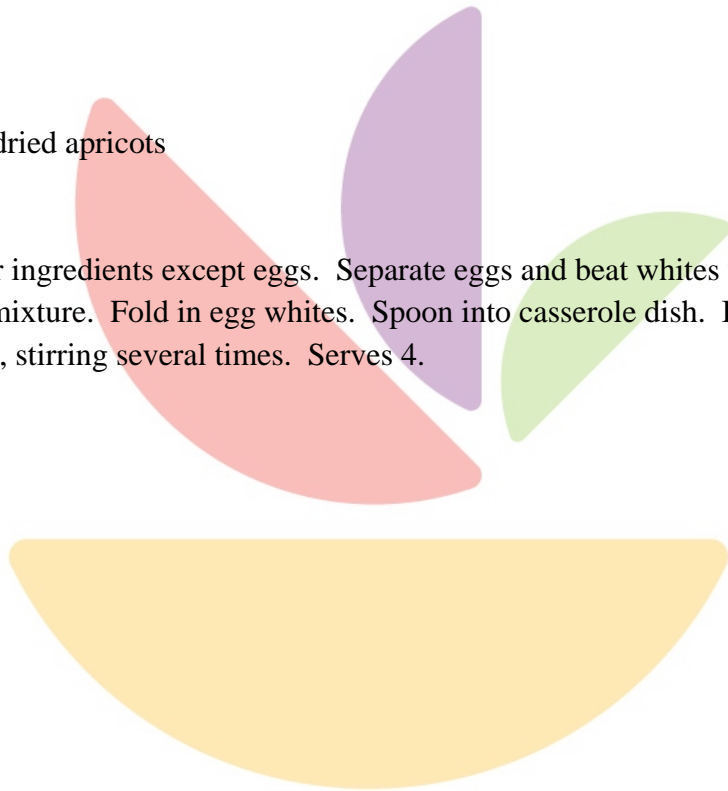
¾ tsp cinnamon

2 eggs

½ cup raisins or soaked dried apricots

### **Directions:**

Rinse rice. Add all other ingredients except eggs. Separate eggs and beat whites until very stiff. Beat yolks and fold yolks into rice mixture. Fold in egg whites. Spoon into casserole dish. Bake in slow oven (250–300° F) for 2 hours, stirring several times. Serves 4.



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