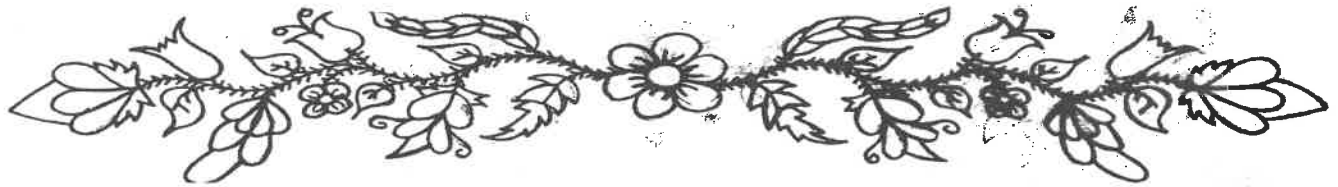




# **Tribal Cooking**

**Traditional Stories  
and Favorite Recipes  
2nd Edition**



# Tribal Cooking

## Traditional Stories and Favorite Recipes 2<sup>nd</sup> Edition – 2002

Minwanjigewin\* Nutrition Project  
Great Lakes Inter-Tribal Council, Inc.  
1996

The Minwanjigewin Nutrition Project is a community-based nutrition education program for increasing knowledge of good nutrition for tribes in Wisconsin. The project employs Community Nutrition Assistants at six tribes. Community Nutrition Assistants are tribal members who provide nutrition education for Minwanjigewin.

Art Work: Marla Eades, Lac du Flambeau Ojibwe  
Joanna Miller, Stockbridge-Munsee  
Alexia Waite, Lac du Flambeau Ojibwe  
John Walsh, Stockbridge-Munsee

Graphics: Phyllis Wyse, Red Cliff Ojibwe

\*In Ojibwe, “to eat something that tastes good and is good for you.”

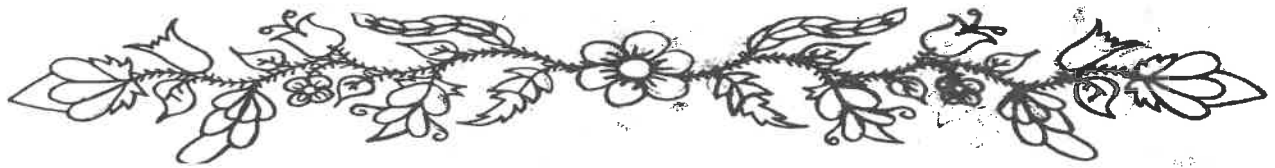
This project has been funded at least in part with Federal funds from the Food and Consumer Service, U.S. Department of Agriculture, under Cooperative Agreement No. 58-3198-4-050. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.



## Foreword

The following is a collection of recipes received from members of various tribes throughout the state of Wisconsin who have chosen to share a part of their family history. We have decided to keep those recipes in the original form collected. Because the Minwanjigewin program is founded around nutrition and its benefits, we've included nutrition facts with as many of the recipes as possible. Some of the recipes though, have been passed through generations and may not have the facts needed or do not have ingredients within them which enable them to be "analyzed" for nutritional content.

We regard this book as a passing of "tradition" through food and feel very fortunate to have these recipes to record for the preservation of an enduring spirit within the Native American people. So please enjoy making the recipes, reading the stories, and at the same time learn some facts about nutrition. We hope you come away with the message the Minwanjigewin program has always valued. . . Nutrition and Tradition in Unity.



# Acknowledgments

Thanks to the following for the time, effort, and support they have given to this project:

## Cookbook Steering Committee

Michelle Posselt  
Community Nutrition Assistant  
Stockbridge-Munsee Mohican

Sharalane Taylor  
Community Nutrition Assistant  
St. Croix Ojibwe

Melanie White  
Community Nutrition Assistant  
Menominee

Christine Dobbe  
Minwanjigewin Project Assistant  
Great Lakes Inter-Tribal Council

Kathy Schneider  
Community Nutrition Assistant  
Ho-Chunk Nation

Elaine Valliere  
WIC Director, GLITC  
Community Nutrition Assistant  
Forest County Potawatomi &  
Mole Lake Sakaogon

Johnilee Slark, R.D.  
Consultant Dietitian  
Ho-Chunk Nation

## Special Support

Mary Bjelland, R.D.  
Stockbridge-Munsee Mohican

Dorothy Clay, R.D.  
St. Croix Ojibwe

Charlanne FitzGerald  
Research Program Manager  
Center for Health Policy and  
Program Evaluation

Peggy Charette

Commodity Food Distribution  
Red Cliff Ojibwe

Cathy Fasolino  
Dietetic Intern  
University of WI Hospital and Clinics

Marti Hall  
RIHP Director  
Great Lakes Inter-Tribal Council

Laurie Groskopf  
Planner/Program Coordinator  
Northern Area Agency on Aging

Sara Kozeluh  
Dental Sealant Program Director  
Great Lakes Inter-Tribal Council

Paula Havisto, R.D.  
Minwanjigewin Project Director  
Great Lakes Inter-Tribal Council

Nancy Pastorino  
Nutrition Aide  
Oneida Food Distribution

Mary McEwen, R.D.  
Forest County Potawatomi &  
Mole Lake Sakaogon

Dale Wolf  
Deputy Director  
Great Lakes Inter-Tribal Council

Jane Voichick, Ph.D., Professor  
Department of Nutritional  
Sciences  
UW-Madison

Great Lakes Indian Fish & Game Commission  
Odanah

Minwanjigewin Nutrition Project Consortium

Bev Gouge & Traditional Indian Foods Cookbook  
Lac Courte Oreilles

## Special Support for 2<sup>nd</sup> Edition

Phyllis Wyse  
Administrative Assistant  
Great Lakes Inter-Tribal Council

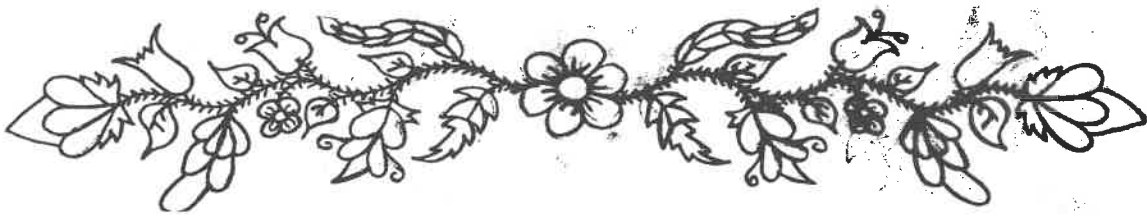
Jennifer Baldini  
Community Nutritionist  
St. Croix Ojibwe

Liza Armagost  
Nutrition Aide  
Red Cliff Food Distribution

Becky Lemeux  
Community Nutrition Aide  
Odanah

A special thank you to the people of the tribes in Wisconsin who generously shared their recipes and stories and made this cookbook possible.
















## Table of Contents










Indicates New Recipes










Page




















Foreword	i
Acknowledgements	iii
Table of Contents	1
Healthy Tips and Helpful Hints	6
Wild Game a Healthy Catch	12
Daily Food Guide	13
Food Safety	15
A Story of Winaboozhoo	17
Gathering and Processing Wild Rice	19
Maple Sugar Story	21
Maple Sugar (Making of)	22
Moccasin Soup Story	24
Beverages	25
Raspberry Stem Tea	26
Rose Hip Tea	27
Sumac Drink	28
Wintergreen Tea	29

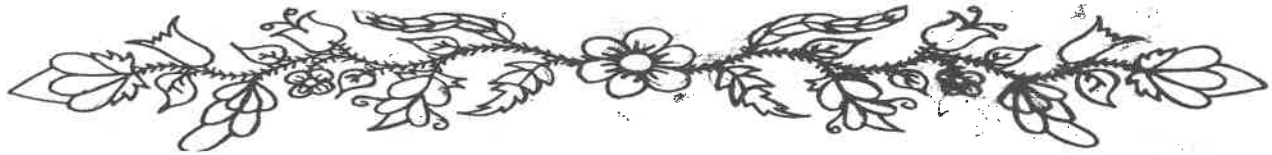
	Page
<b>Appetizers, Spices, Sauces &amp; Gravy</b>	<b>31</b>
 Chili Sauce	32
 Hamburger Gravy	33
Indian Egg Rolls	34
Milkweed Gravy	35
 Onion Ring Coating	36
 Red-Eye Gravy	37
Sweet & Sour Sauce	38
Venison Spice	39
 <b>Soups and Stews</b>	 <b>41</b>
Bear Soup	42
Beef Oxtail Soup	43
 Buffalo Soup	44
Corn Chowder	45
Corn Soup	46
Oneida Corn Soup	47
Cowslip Soup	48
 Cream of Green Beans Soup	49
Crock Pot Stew	50
 Deermeat Soup	51
Hominy Soup	52
Milkweed Cream Soup	53
Milkweed Soup	54
Partridge Soup	55
 Pea Soup with Wild Rice	56
Squash and Corn Soup	57
Squash and Corn Soup	58
Squirrel Soup	59
Turtle Soup	60
Turtle Soup	61
 Venison Hominy Soup	63
 Venison Soup	64
 Venison Stew	65

	<b>Page</b>
Venison Wild Rice Stew	66
Wild Fern Soup	67
Wild Rice Ricing Soup	68
Wild Rice Soup	69
<b>Vegetables</b>	<b>71</b>
 Baked Acorn Squash	72
 Cream Peas	73
 Dandelion Greens	74
 Dilled Green Beans	75
Garden Succotash	76
Leeks	77
Milkweed	78
Steamed Milkweed	78
Wood Greens	79
 Zucchini Pickle	80
<b>Breads &amp; Dumplings</b>	<b>81</b>
Cornbread Dumplings	82
Fresh Baked Bread	83
Fry Bread	84
Fry Bread	85
Indian Dumplings	86
Lagillette	87
Naenapun Bread	88
Sirella's Fry Bread	89
<b>Casseroles &amp; Hotdishes</b>	<b>91</b>
 Chicken & Wild Rice Hotdish	92
 Chop Suey	93
Corn Casserole	94
Gigi's Wild & Wonderful Casserole	95
Judge Soulier's Wild Rice Casserole	96
Venison Hotdish	97
Wild Rice Casserole	98
Wild Rice Hotdish	99
Wild Rice Meatloaf	100



	<b>Page</b>
 Wild Rice Mush	101
Wild Rice Tator-Tot Casserole	102
 Wild Rice Venison Casserole	103
<b>Wild Game Birds</b>	<b>105</b>
Partridges	106
Roast Wild Duck with Wild Rice Stuffing	107
<b>Fish</b>	<b>109</b>
Baked Walleye Fillets	110
Baked Trout	111
 Baked Whitefish or Trout	112
 Beer Baked Fish	113
 Canned Smoked Whitefish or Trout	114
Fresh Fish Cakes	115
Fried Walleye	116
 Potato Puff Fish	117
Walleye Eggs	118
<b>Game Animals and Other Animals</b>	<b>119</b>
Baked Beaver	120
Baked Muskrat	121
Baked Raccoon	122
 Can Chicken/Frozen Chicken Dish	123
Fried Squirrels	124
Fried Wild Rabbit	125
Hunter Style Rabbit	126
 Oven Fried Chicken	127
Porcupine	128
 Pork Patties	129
Rabbit	130
Raccoon	131

	<b>Page</b>
Roast Coon	132
Roast Raccoon with Dressing	133
Wild Bear Steak	134
<b>Venison</b>	<b>137</b>
 Canned Venison	138
 Canned Venison/Green Peppers	138
 Fresh Venison	139
 Grilled Venison Tenderloins	140
 Jerky Venison	141
 Saucy Venison Meatballs	142
 Venison in Barbecue Sauce	143
 Venison Pasties	144
 Venison Steak Temptation	146
	147
<b>Fruits, Desserts and Misc.</b>	
 Aunt Flo's Blackberry Pie	148
 Blueberry Coffee Cake	149
 Cranberries	150
 Crazy Cake	151
 Fruit Cole Slaw	152
 Maple Sugar Candy	153
 Quick Maple Upside Down Pudding	154
 Round Cream Style Candies	155
 Wild Rice	156
 Wild Rice Salad	157
	159
<b>Index</b>	



## Healthy Tips

Survival of the Native American people depends on good health. Each of us has the power to contribute to the future of the Native American people. That power lies in being a healthy nation. The three major contributors to heart attacks are high blood cholesterol, high blood pressure and cigarette smoking. Other factors are diabetes, overweight, lack of exercise and a family history of heart disease. Being aware of these factors now may prevent health problems later.

On the pages to follow are some suggestions to help reduce the cholesterol, fat, saturated fat, sugar and/or sodium in your diet.

- Reduce the amount of meat in the recipe by one-half. If a recipe calls for one pound use a half-pound. A serving of meat is 3-4 ounces or about the size of a deck of cards.
- When buying red meat, choose the leanest cuts. For beef, buy cuts of meat that have the words round or loin (sirloin, round steak, eye of round, etc...). For pork, buy center cut ham and Canadian bacon.
- Use nonstick spray instead of oil to brown meat.
- Instead of frying, try broiling, baking, grilling, roasting or stewing the foods.
- Brown, drain, rinse ground meat under hot running water and blot with paper towels before adding the meat to recipe.
- Replace the flavor of bacon with liquid smoke (about 1/4 teaspoon for two slices).
- Remove the skin from chicken before cooking.
- Trim off all visible fat on the outside and throughout the cut of meat before cooking.

- Replace half the meat in casseroles or meat sauces with cooked wild rice, bulgur, cooked dry beans, extra noodles and/or vegetables.
- Rather than buying expensive luncheon meats that are high in salt and fat, make your own by baking chicken or roasting a turkey with the skin removed and slicing it thinly.
- Instead of using fat for sautéing meats and vegetables (onions, celery, mushrooms, garlic, etc...), use nonstick cooking spray, chicken or beef broth, water, or cooking wine. If oil is used, use no more than 1 tablespoon for sautéing.
- Replace canned cream of mushroom soup with a combination of 1 cup evaporated skim milk, 1 tablespoon cornstarch and 1 envelope instant onion-mushroom soup mix. Cook and stir until thickened and bubbly. Cook and stir 1 minute more. To replace canned cream of chicken or beef soup add 1 teaspoon instant (preferably low-sodium) bouillon granules instead of soup mix.

You may also want to try this dry cream soup recipe:

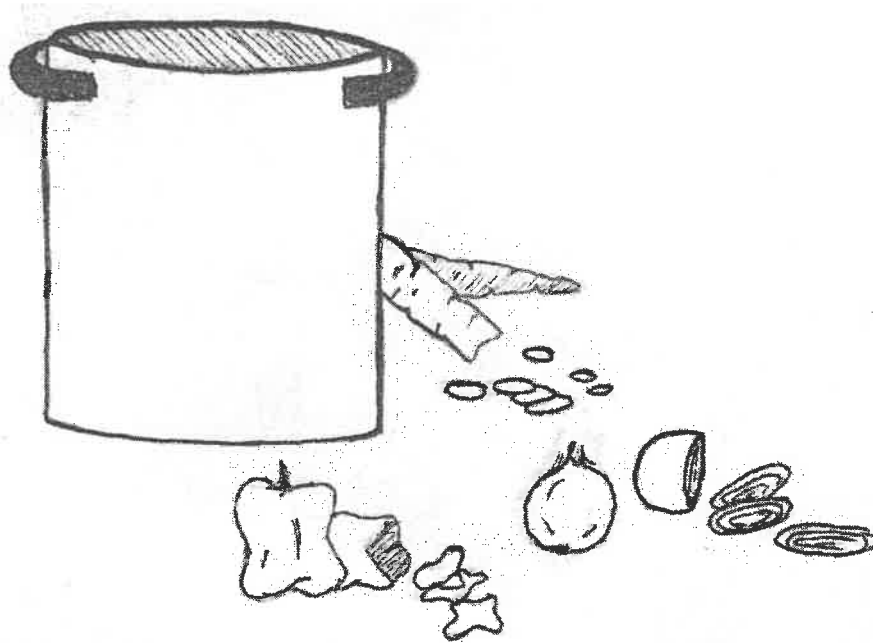
Dry Cream Soup Substitute:

2 cups Nonfat Dry Milk Powder	1 teaspoon Thyme
3/4 cup Cornstarch	1 teaspoon Basil
1/4 cup Chicken Bouillon Powder	1/2 teaspoon Pepper
2 tablespoons Dried Onion Flakes	

Combine and keep in covered container. TO USE: combine 1/3 cup mix with 1 1/4 cups water in saucepan. Cook and stir until thickened. This is equivalent to one can of cream soup and can be used in any recipe calling for cream soup. Makes nine 10-ounce cans of soup. May be flavored with chicken, broccoli, celery, mushrooms, or as desired for flavored soup.

- Before serving soups, stews and gravies, skim off and discard hardened fat. Chill soups and stews before serving so you can easily remove the fat on the surface.

- Use margarine instead of butter, lard, bacon grease or shortening for frying. Choose a liquid vegetable oil instead of a solid shortening and use one-fourth less than the recipe specifies.
- Use two egg whites instead of one whole egg.
- If the recipe calls for salt; use half the amount or less.
- Salt may be left out of most recipes. Add in other herbs and spices to enhance the flavor.
- Do not add salt when cooking pasta, noodles, rice or hot cereal.
- Choose fresh or low-sodium food products (canned vegetables, soups, tomato products, broths, seasonings, etc...) to be used in recipes.
- Cold oil is absorbed more easily than hot. Always heat oil before sautéing or frying foods.



## Helpful Hints

### Ingredient in recipe:

1 teaspoon baking powder

1 medium onion

1 clove garlic

1 tablespoon fresh herbs

1 tablespoon prepared mustard

1 cup miniature marshmallows or 10 large marshmallows, cut up

### Substitute:

$\frac{1}{4}$  teaspoon soda plus

$\frac{1}{2}$  teaspoon cream of tartar

2 tablespoons dry minced onion OR

1 teaspoon onion powder OR

2 teaspoons onion salt

$\frac{1}{8}$  teaspoon garlic powder OR

$\frac{1}{4}$  teaspoon garlic salt

1 teaspoon dried herbs OR

$\frac{1}{4}$  teaspoon powdered herbs OR

$\frac{1}{2}$  teaspoon herb salt

$\frac{1}{2}$  teaspoon dry mustard plus

2 teaspoons vinegar

## Simplified Measures

dash = less than  $\frac{1}{8}$  teaspoon

3 teaspoons = 1 tablespoon

16 tablespoons = 1 cup

2 cups = 1 pint

2 pints (4 cups) = 1 quart

4 quarts (liquid) = 1 gallon

16 ounces = 1 pound

If you need to measure partial cups by the tablespoon, remember:

4 tablespoons =  $\frac{1}{4}$  cup

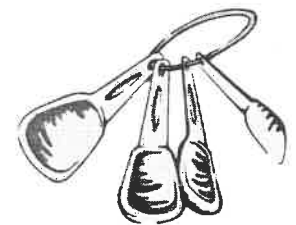
5  $\frac{1}{3}$  tablespoons =  $\frac{1}{3}$  cup

8 tablespoons =  $\frac{1}{2}$  cup

10  $\frac{2}{3}$  tablespoons =  $\frac{2}{3}$  cup

12 tablespoons =  $\frac{3}{4}$  cup

16 tablespoons = 1 cup



### Also:

1 pound flour = 4 cups flour

8 - 10 egg whites = 1 cup egg whites

12 - 14 egg yolks = 1 cup egg yolks



If the recipe calls for:

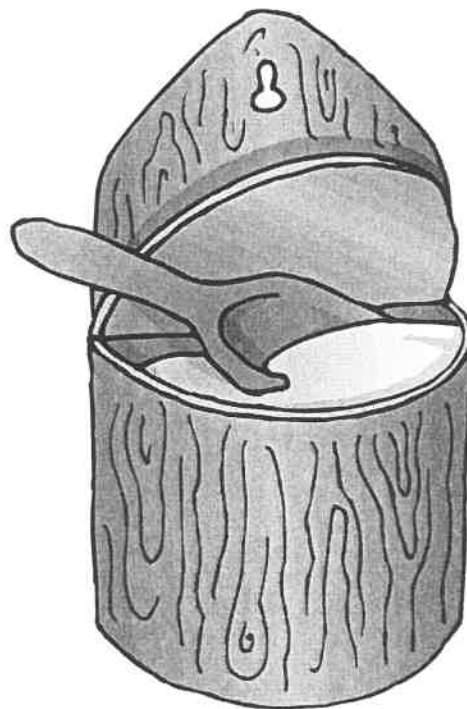
Substitute with:

1 cup Butter, Lard or Shortening	1 cup Margarine or 3/4 cup Vegetable Oil
2 Whole Eggs	1 Whole Egg plus 2 Egg Whites
1 cup Buttermilk	1 cup Skim Milk plus 1 tablespoon Vinegar or Lemon Juice
1 cup Whole Milk	1 cup Skim Milk
1 cup Cream	1 cup Evaporated Skim Milk
1 cup Sour Cream	1 cup Plain Nonfat Yogurt or 1 cup Low fat Cottage Cheese blended with 1 tablespoon Lemon Juice
10.5 ounce can Cream Soup	1/3 cup Dry Cream Soup Substitute mix with 1 1/4 cup Water (recipe on preceding page)
1 ounce (1 square) Baking Chocolate	3 tablespoons Powdered Cocoa plus 1 tablespoon Oil
8 ounces Cream Cheese	8 ounces Reduced Fat Cream Cheese
1 cup Low fat White Sauce	1 cup Thick      2 tablespoons Margarine 2 tablespoons Flour 1 cup Skim Milk 1 cup Thin      2 tablespoons Margarine 1 tablespoon Flour 1 cup Skim Milk

**Sugar** Use 1/2-1/3 of the amount called for in the recipe. Adding vanilla, cinnamon or nutmeg will give the flavor of sweetness without adding calories.

**Fat** Use no more than 1-2 teaspoons of added oil or fat per cup of flour or equal amounts of applesauce substituted for oil in baking. To compensate for reduced fat, increase a low fat moist ingredient like water or juice to add moistness.

**Salt** Reduce amount. Try spices and herbs.





## Wild Game a Healthy Catch

Most wild game has less fat than domesticated animals. Factors affecting the fat content of individual animals include age, diet, living conditions and exercise. Game animals usually get more exercise--which makes their meat leaner and sometimes less tender. Compare the nutrition information in a 3.5-ounce serving of meat (skin removed)\*.

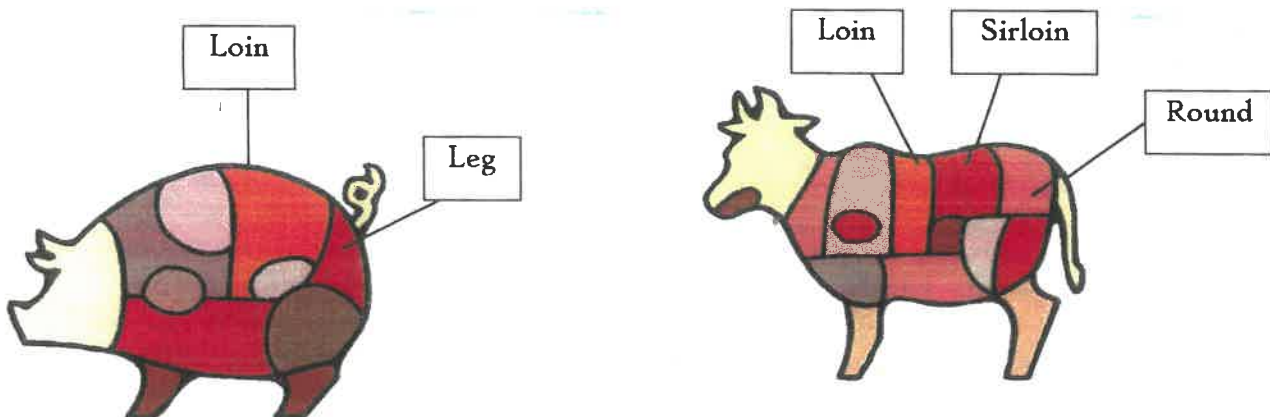
	Fat (gm)	Saturated Fat (gm)	Cholesterol (mg)	Sodium (mg)	Calories
Turkey, Wild, Breast	1.1	-	55	-	121
Bison	2.4	0.9	82	57	143
Chicken, Breast	2.9	0.8	73	59	144
Venison (lean only)	3.2	1.3	112	54	173
Pheasant, Breast	3.3	1.1	-	37	133
Rabbit, Wild	3.5	1.1	123	45	173
Squirrel, Roasted	4.7	0.6	121	119	173
Beaver, Roasted	7.0	-	-	59	212
Duck, Roasted	11.2	4.2	89	65	201
Muskrat, Roasted	11.6	-	120	94	232
Bear, Simmered	13.4	-	-	-	-
Beef (Tenderloin)	14.3	5.5	85	61	244
Raccoon, Roasted	14.5	-	-	-	255

- Information not available

\* From *Food Values of Portions Commonly Used*. 16th edition. New York: Harper and Row, 1994.

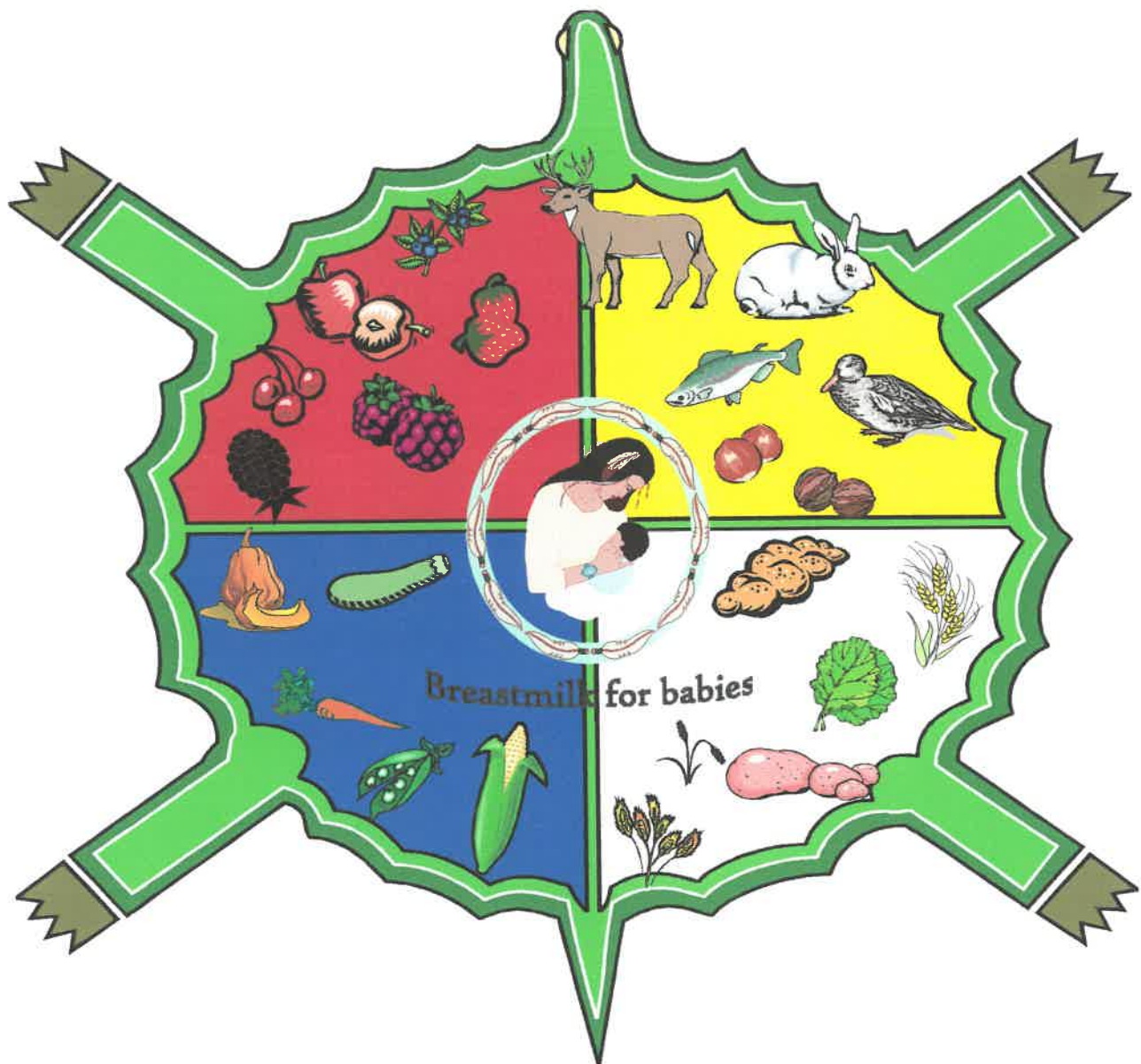
### Choose Lean Cuts

Even within the same animal, there will be lower fat content cuts of meat. The areas highlighted in the diagrams below represent lower fat cuts of meat in pork and beef.



# DAILY FOOD GUIDE

## A Guide to Food Choices



Number of servings to have per day from each food group:

- Fruit Group 2-4 servings
- Vegetable Group 3-5 servings
- Meat, Fish, Poultry, Eggs, Beans, Nuts Group 2-3 servings
- Bread, Cereal, Rice, Pasta Group 6-11 servings

Fats, oils, & sweets: USE ONLY A LITTLE

**Breast milk:** Breast milk for all infants from birth to one year or older. Solid foods introduced around 6 months of age.

**Dairy:** Dairy products were not a traditional food. They provide calcium and vitamin D. Some Native people cannot tolerate dairy products because the person lacks an enzyme that breaks down the "milk sugar" or lactose. Native people obtained calcium from alternate sources such as bone soup or broth, fish head soup, salmon with the bones, coush, camas, or wild carrots, oysters or clams, leafy greens like dandelion leaves. Today, calcium fortified orange juice, leafy green vegetables, dried beans, canned salmon with the bones or supplements can help native people get the right amount of calcium. If you tolerate dairy products, 2-3 servings a day are recommended. One serving equals 1 cup of milk, 1 1/2 oz. cheese, 1 cup yogurt, 2 cups cottage cheese.

**Water:** Water is a natural resource and given to Native people by the Creator. Teas were made with a variety of plants. 8-10 glasses of water a day are recommended.

**Extras- Fats and Sweets:** These foods provide lots of extra calories, but very few of the vitamins and minerals needed by the body to function well. Foods like butter, margarine, salad dressing, soda pop, kool-aid, sport drinks, pies, cakes, desserts, sugar, honey, candy, fried foods, chips or fry bread are recommended in very small amounts. Traditional fats and sweets include animal fat, fish oil, honey and maple syrup.



## Food Safety

People can become ill from food if it is stored, prepared, or cooked improperly. Bacteria themselves or chemicals they produce can cause fever, nausea, vomiting, or diarrhea. Bacteria are present naturally in foods. They reproduce most readily in the temperature range of 40° to 140° F. This zone is known as the Danger Zone. A general rule of thumb is to keep hot foods hot and cold foods cold. A food temperature chart on the next page shows the right temperatures for foods.

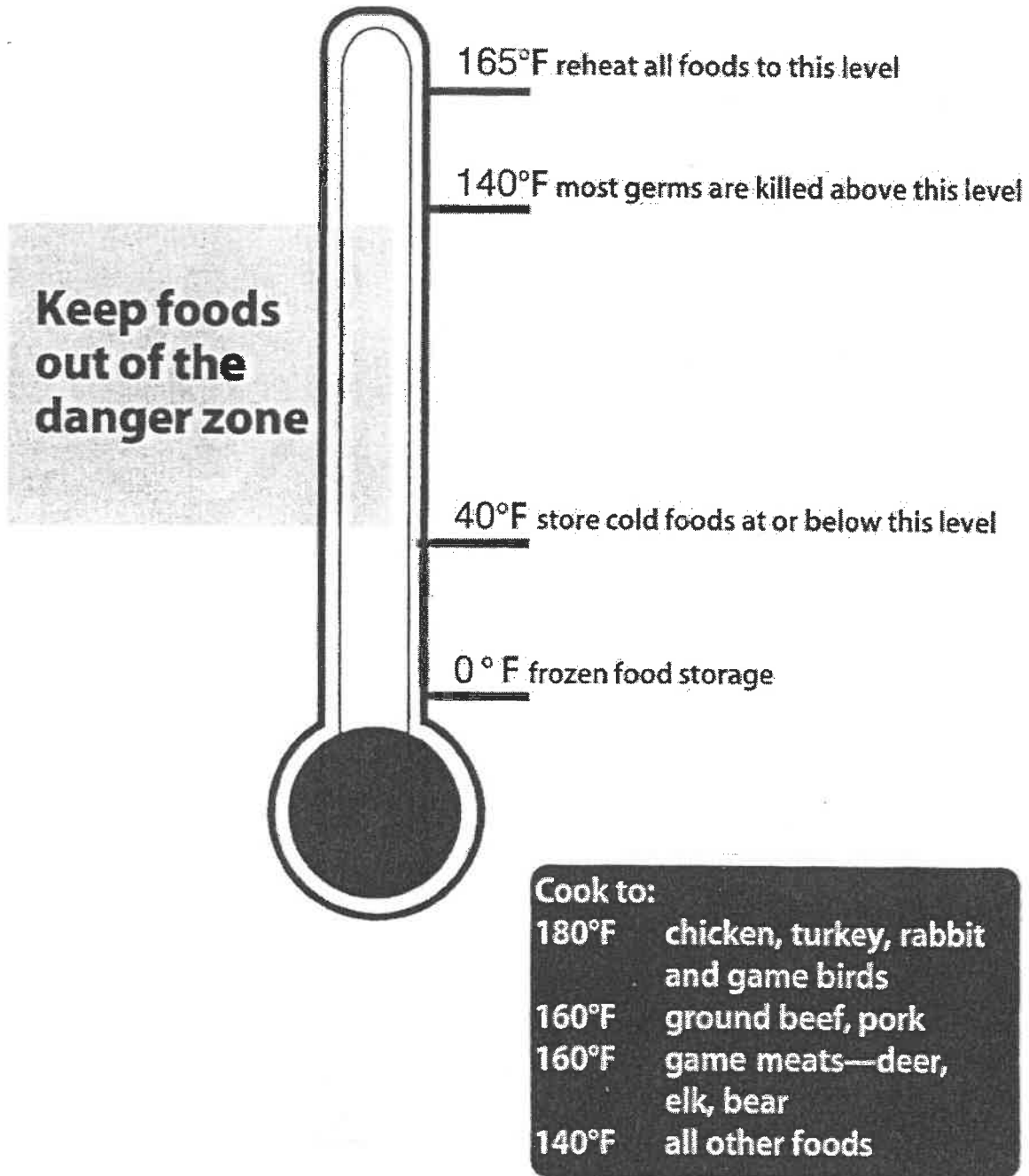
In order to prevent food borne illness you should store foods, including fresh meats, dairy, certain fruits and vegetables, and leftovers, below 40° F. You should check the temperature of your refrigerator to make sure your refrigerated foods are outside of the danger zone.

When working in the kitchen, wash your hands frequently. When preparing fresh meats, clean all knives, cutting boards, counter tops, bowls, and utensils that have come in contact with raw meat before using those utensils or workspaces again. Wash your hands before and after handling raw meats.

A good thermometer is a must in any kitchen. Make sure you cook meats to an internal temperature above 140° (155° - 170° F is a good goal.) Do not let raw or cooked meats stand in the food temperature danger zone any longer than two hours. This means defrosting frozen meats in the refrigerator, not on the counter. This also means cooked meats should be either eaten or refrigerated. For stews, soups, and casseroles, it is necessary to place them in shallow pans to allow for quick cooling.

Following these guidelines will minimize your risks of getting sick from the foods you eat. Keep your kitchen safe and enjoy the results of these delicious recipes!

# Food temperatures



Courtesy of "Honor the gift of food", Portland Area Diabetes Program and Northwest Indian College Nutrition Assistant Program, 1995.



## A Story of Winaboozhoo

### The Discovery of Wild Rice

By Joseph Chosa, Lac du Flambeau Ojibwe

Winaboozhoo is an Ojibwe legend. Legend says Winaboozhoo was living with his Grandmother and was a leader of his people. Because winter was drawing near and his people often had a difficult time finding enough food for the long season, Winaboozhoo felt he had to find a way to help them. He went into the deep woods to build a shelter and prayed to the creator fasting for three days. On the fourth day he was still pondering what to do. Walking through the woods, he came to a riverbank and followed the river still wondering how to overcome his dilemma. He walked until it became dark and he was exhausted. He sat down to rest upon the bank of the river and promptly fell asleep. He then woke up and on the shimmering moonlit water he could see the feathers of dancers swaying back and forth and the sound of shuffling feet dancing in a rhythm.

He asked the dancers if he could join them in their dance. He danced along the shore until he was again exhausted and again fell asleep.

When Winaboozhoo awoke it was daytime and he saw for the first time what appeared to be grain growing along the shoreline. He waded into the shallow water to investigate the grain. He realized it was the tassels on the stalks of grain he had seen swaying in the breeze and not the feathers of dancers and said, "How foolish I have been."

But Winaboozhoo then tasted the grain and at that time knew this was the answer to his prayers and that this grain (which came to be named anishinabe manomin or Indian Rice today known as Wild Rice) would sustain his people in the long months ahead. Wild rice has since been a mainstay of the Native American diet used as a food staple and in ceremonial gatherings.



Joe Chosa and "Laddie"

# Gathering And Processing Wild Rice

By Joseph Chosa

Wild rice grows in rivers and lakes with a mud bottom, usually 2 to 6 feet in depth. Wild rice looks very much like wheat. The season for gathering wild rice is usually in the fall, from August 25 through September 15. Rice should be harvested only when it is ripe. To try to gather wild rice before it is mature could ruin the bed for future gathering.

Before the start of wild rice gathering each day of harvest, an offering of tobacco and prayer of thanks is said to the creator for the rice itself, the opportunity to be able to rice, and the good fortune for the beginning of another day. Each day when the gathering is completed, another prayer of thanks is said to the creator for the rice collected that day.

Wild rice is gathered by using a canoe or small flat-bottomed boat designed for picking rice. Two well rounded sticks approximately 38" long are used to knock the rice into the boat.

It takes two people to efficiently gather rice. One person does the picking or "knocking" of the rice into the boat. The other person uses a long forked pole to propel the boat or canoe through the bog or rice bed. Both are extremely hard and steadfast work.

After the rice has been gathered, it is spread on a plastic sheet (in prior years, deer hides sewn together were used) to dry in the sun for a day or two. The rice is also cleaned of excess stock and other foreign material at this time.

The next step of the wild rice harvesting process is roasting or curing the rice. This is done by placing the rice in a large container over a bed of hot coals. A small flat paddle or stick is used to stir the rice. Care is exercised not to overheat the container or rice as if it becomes too hot it will pop like popcorn. Solid copper kettles were often used as the container for conduction of heat. These containers were used specifically for roasting wild rice.

The next step is the threshing operation. Threshing is the careful removal of the hull of the rice. It has always been tradition to make new moccasins out of deer hide to be used only for this operation. The rice is placed in a short cask or small barrel made out of wood staves.



The cask is placed in a hole in the ground lined with canvas or tarpaulin. Rice is threshed by using a circular grinding motion with the feet. This loosens the hull from the kernel. This portion of the harvest is often referred to as “dancing on the rice.”

The final portion of the wild rice harvest is to remove the kernel from the chaff. This is called the winnowing operation. A birch bark basket made for this purpose exclusively is used to toss and catch the rice in the basket. This tossing motion removes the chaff from the kernel by causing the light chaff to be released into the air while the heavy kernel falls into the basket. This “fanning” of the rice is repeated until the rice is free of hulls or chaff. After the majority of the rice seems to be free of its hull after repeated tossing, the rice is hand cleaned to insure there are no more pieces of the chaff in the finished product.

The above-mentioned methods are the traditional methods of wild rice harvest. Conventionally, motor driven machines are used for the majority of the roasting and threshing process by many gatherers. Wild rice used for ceremonial purposes is always done in the traditional fashion.

Needless to say, the wild rice harvest was and is no easy job. Because of the abundance of wild rice and the endless patience of the natives during the harvest, many winters seemed less long with wild rice as one of the mainstays in the Native American diet.



## Maple Sugar Story (Humorous)

By Gi-way-din-o-ginew, Red Lake Ojibwe

A long time ago, long before the white man came is the story of Mr. & Mrs. Nanaboozhoo and the maple syrup.

One day, early in the morning the Mrs. was heating up the ol' snapping turtle frying pan and on the old wood stove. She then said, "I think I'll make some pancakes today." She looked in the cupboard and said, "Oh, my, we're all out of honey, Honey! Would you please go down to the *Beshig Wabik Wigamig*, (the dollar store) and buy some more or just pick up some of the old Log Cabin Syrup." Well it was nice out and Mr. Nanaboozhoo said okay. She gave him a dollar and away he went, she said, "Hurry back or these hotcakes will be cold." He said "Alright, Okay, Jeez." Well in the way to the *Beshig Wabik* Store, he decided to keep the dollar for a pool game or two, so he put the dollar in his pocket and went into the woods to look for a beehive. When he finally saw one, he went over to fill up his birch bark jar. Well Mr. Bee was sitting on the ground with all of his buddies looking mighty sad and Nanaboozhoo said, "*Ahneen dush:*, What's wrong?" The bees said, "Mr. *Makwa* was here last night when we were asleep and cleaned us out." Nanaboozhoo said no honey huh? "Nope" said the bees. Nanaboozhoo said and I suppose there's not a beehive around for miles, huh? "You've got that right," said the bees.

Nanaboozhoo wanted to shoot pool later, so he asked the bees, "Hey, anything else sweet enough to put on my pancakes?" Then Mr. Bee said "*Iwedi*, over there, he was pointing with his lips at some Maple trees. "Nah, I don't believe you," said Nanaboozhoo. Mr. Bee said, "Yep, it's the *Bezzzt* tasting stuff around, the sap that is. I hear you can gather a lot and boil it and you'll have syrup." "Ok," said Nanaboozhoo and he said "Bee seeing ya!" He then went and took his jar and carved a piece of the tree until he got sap. It was sweet and good so he made a spigot and filled up his birchbark jar. But it took a long time. He then used water to boil up the sap, but he had to add more water because he wanted real sweet syrup. It took a lot of water and boiling and a couple of days. He thought, not only is my syrup in hot water, so am I. "Boy is the Mrs. gonna hit the birchbark ceiling when I get home. Well he finally boiled it just right and went home. Sure enough, she was *mindaway* (mad). She said "Where the H\*\*\* have you been?" He said, "I have something better than honey, I have some maple syrup." The Mrs. decided to try it on the old pancakes from a couple of days ago. "Not bad" she said as she took the first bits and then another. She said, "hey, can you get some more of this?" Nanaboozhoo said "Gayget(sure) but instead of me bringing back one container, let's get a whole bunch and sell them at the *Beshig Wabik* store!" They looked at each other and smiled. Now Mr. Nanaboozhoo said, "In order to do this, we have to stick together."



## Ziinzibaakwad – Sugar (Maple)

Researched by Phyllis Wyse

Sugar making—ishkwaamizige –happened for several weeks during zhwigun, spring. Anishinaabe people rarely used salt. Sugar was a basic seasoning for grains and breads, stews, teas, berries, vegetables. Large amounts were made during the few weeks each spring when the maple sap ran. It takes about 30 to 40 gallons of average maple sap to boil down to one gallon of syrup. Sap buckets were hung on the sunny side of a free-flowing tree and these buckets might fill in an hour. Since there would be several taps, everyone was kept busy running pails of sap to the boilers all day whenever it was sunny and the sap ran.

40 gallons of sap reduces to about 3 quarts of sugar when further heated in a smaller kettle or pail. Sugar was made in two forms. Thick syrup for hard sugar was scooped before it granulated from the final boiling kettle and poured onto ice or snow to solidify. Then it was packed tightly into shells or birch bark cones whose tops were sewn shut with basswood fiber for storage, these were licked and eaten like candy.

Small pieces of deer tallow were put into the syrup as it boiled down. When the boiled sugar was about to granulate in its final boil-down, it was poured into a wooden sugaring trough, made from a smooth out log. It was stirred there to granulate it, and rubbed with ladles and hands into sugar grains. This was the basic seasoning and an important year-round food, eaten with grains, fish, fruits and vegetables, and with dried berries all year round. In summer, it was dissolved in water as a cooling drink. In winter it was stirred into with various root, leaf and bark teas.

## Mints



Natives made much use of mints, especially where salt was a rare or nonexistent seasoning, and variety in foods was by herbal or vegetable additions. Fish were stuffed with, and wrapped in, mints. Mints were tossed (along with dried fruits and berries) into soups and stews. Little remained of the minty taste when these are boiled, they are a kind of cooked green veggie then. More herbal flavor is held in, in a stuffed, wrapped baked fish.

Teas can be made by crushing fresh mint, then pouring on boiling water to steep, but are better if the leaves are dried until crumbly—then use about a heaping teaspoon per cup. Mixing dried mint with other dried herbs and flowers improves the flavor of most teas.

## Clover



Dried clover blossoms primary use as a food and as a tea. They were put in with soups and stews, where they added vitamins and minerals and a hint of sweetness from their honey. This hint of honey-sweetness usually doesn't survive unless sun-dried, and fairly fresh.

Native people of the north did not have green vegetables, fresh fruit, etc. available during the long winters. Fruits and garden vegetables such as corn, squash, pumpkins, and beans were dried and were stored for winter use. Anishinaabe people mostly drank teas, rather than water, and these contained vitamin and mineral components not available to them during winters from other parts of stored or hunted food.



## Moccasin Soup

Odanah Community

This is not a recipe but a short story about food. One evening I was setting the table for supper. I called my children into the kitchen. I said go get ready to eat. Their noses and eyes were by now surveying what I was about to serve.

What I heard was that, what is part of the meal was not one of their more appealing entrees and it was not enough.

I recalled a story I had read in some historical papers that had been written about the life and times of the Ojibwe people of our area, some dating back to the mid-1800's.

I told my children, Well be thankful I don't have to serve you "Moccasin Soup".

That got their attention. "Moccasin Soup," what's that they asked.

I told them that our people here many moons ago had a bad winter. Many were held up in their wigwams because of a storm. Food became scarce and travel was near impossible. The story went on that a family survived by cutting up their spare moccasins, boiled them and consumed them for their meal.

They stopped their grumbling, said "Thanks" and ate quietly.

# Beverages

Raspberry Stem Tea .....	26
Rose Hip Tea .....	27
Sumac Drink .....	28
Wintergreen Tea .....	29



## Raspberry Stem Tea

Eugene Shawano, Sr., Forest County Potawatomi

Fold and tie the raspberry stems.

Boil.

Strain and drink.



## Anishinabe Neebeesh

### (Rose Hip Tea)

Lac Courte Oreilles Community



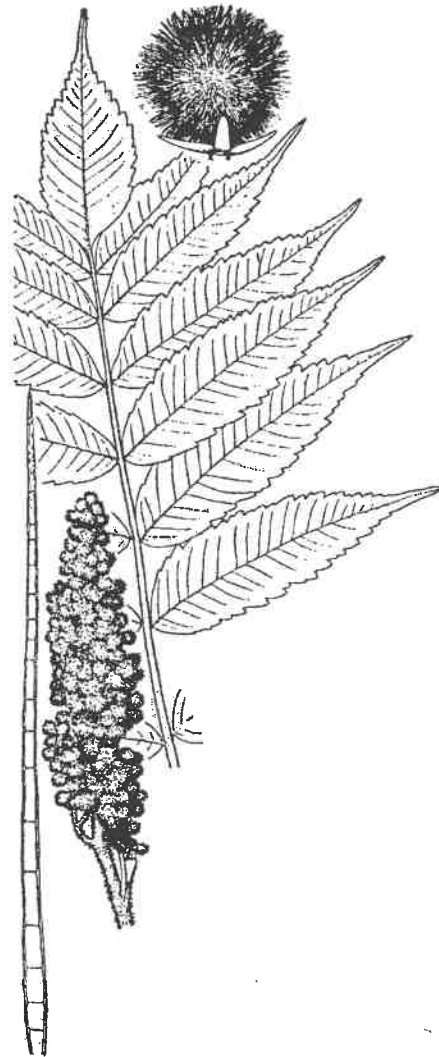
After the first frost, gather plump rose hips.  
Wash and drain in colander.  
Spread on cookie sheet. Place in warm oven.  
You can dry rose hips in three or four days with just your pilot light burning. If you use a low heat, check frequently.  
Remove from oven when rose hips are dry.  
They will look very dark red and shriveled.  
Roll them briskly between the palms of your hands to crumble bud ends. Crush rose hips and store in dry place. I have used a food grinder to crush rose hips and perhaps you could also do it with a hammer. For an added flavor, boil rose hips with dried orange peels.



## Sumac Drink

Dale Wolf, Bad River Ojibwe

In the fall, collect the ripe red berry bunches from the sumac bush. You can store them by hanging them up in a dry place. To make sumac drink, tie up a berry cluster in a piece of clean porous cloth, like cheesecloth or an old cotton pillowcase. The cloth keeps the sumac berry “fuzzes” from getting into the drink. Bring water to a boil and steep the tied up bunch in it. Sweeten to taste and drink hot or cold.



Staghorn Sumac

Illustration reprinted by permission from Henry A. Gleason's The New Britton and Brown Illustrated Flora of the Northwestern United States and Adjacent Canada, Volume 1, copyright 1952, The New York Botanical Garden.

## Anishinabe Neebeesh

### (Wintergreen Tea)

Lac Courte Oreilles Community






The preparation of Wintergreen tea is the same as commercial tea. The green leaves of the Wintergreen are collected and boiled in a kettle for 5 to 10 minutes. The tea is then taken and sweetened with maple sugar and it is ready to serve.

Very Good!



# Appetizers, Spices, Sauces & Gravy

	Chili Sauce .....	32
	Hamburger Gravy .....	33
	Indian Egg Rolls .....	34
	Milkweed Gravy .....	35
	Onion Ring Coating .....	36
	Red-eye Gravy .....	37
	Sweet & Sour Sauce .....	38
	Venison Spice .....	39



# Chili Sauce

Emily Jacobson, Forest County Potawatomi

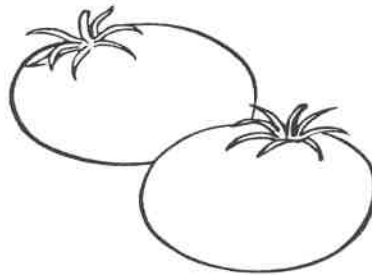
Yield: Makes about 1 1/2 quarts

## Ingredients

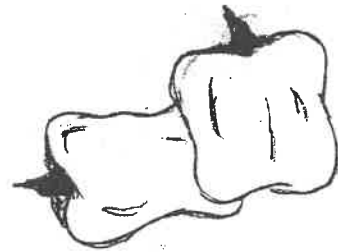
9 tomatoes  
1 green pepper  
1 medium onion  
1/2 teaspoon salt  
1/4 teaspoon  
ground cloves  
  
1/2 teaspoon  
allspice  
1 cup vinegar  
2 packets  
artificial  
sweetener

## Directions

1. Chop tomatoes, green pepper and onion.
2. Add remaining ingredients and cook slow for 3 1/2 - 4 hours.
3. When thick, add 2 packages of artificial sweetener.



Serving size:	1 tablespoon
Calories per serving:	4
Carbohydrates:	1 gm
Fat:	0 gm
Dietary Fiber:	0 gm
Sodium:	12 mg





## Hamburger Gravy

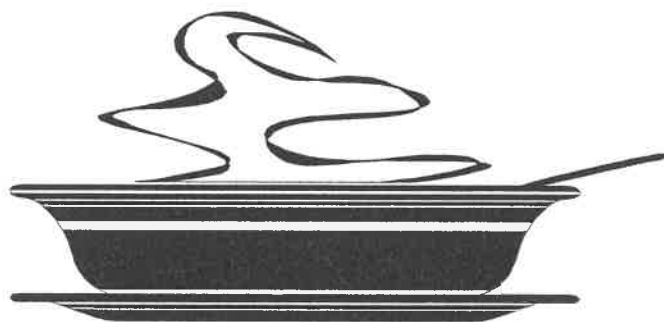
Myrtle Gordon, Red Cliff Ojibwe

### Ingredients

2 pounds hamburger  
1 package dry onion mix  
1 large can mushroom soup  
1 large can water  
1 stalk of celery

### Directions

1. Fry and drain hamburger.
2. Mix other ingredients with hamburger and cook over medium heat.
3. If gravy is too thin you can thicken with flour or cornstarch.
4. Eat over bread, rice or potatoes.



# Indian Egg Rolls

Dee and Aya, Red Cliff

## Ingredients

1 pound cooked  
wild rice  
1 tube pork or  
venison sausage  
1/2 cup finely  
chopped onions  
1 can mushrooms,  
chopped  
1/2 teaspoon garlic  
salt  
1 tablespoon soy  
sauce  
1-2 packages egg  
roll wrappers

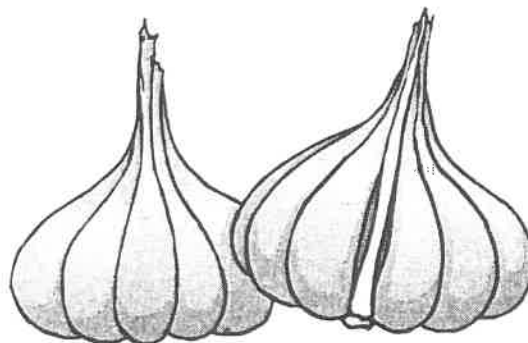
## Directions

1. Cook wild rice as you usually do.
2. Brown sausage and onions. Drain. Add mushrooms, garlic salt and soy sauce. Simmer, then cool.
3. Mix meat mixture with cooled cooked rice. Spoon onto egg roll wrappers, seal with glue.
4. Fry in hot oil until golden brown.
5. Eat plain, with soy sauce or dip in sweet-sour sauce. Mmmmm.

## EGG ROLL

### GLUE:

2 teaspoons  
cornstarch  
2 teaspoons water



# Milkweed Gravy

Stockbridge-Munsee Community

After frying the milkweed leaves add 1/2 can of milk and one teaspoon of butter, salt and pepper into skillet. Stir until thick. Serve over potatoes or bread.

Common Milkweed

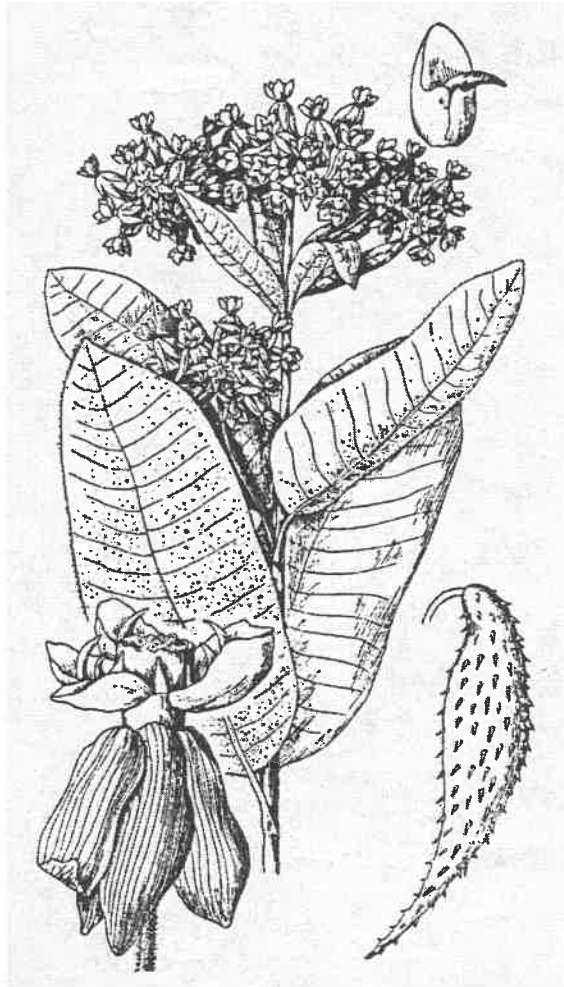


Illustration reprinted by permission from Henry A. Gleason's The New Britton and Brown Illustrated Flora of the Northwestern United States and Adjacent Canada, Volume 3, page 77, copyright 1952, The New York Botanical Garden.





## Onion Ring Coating

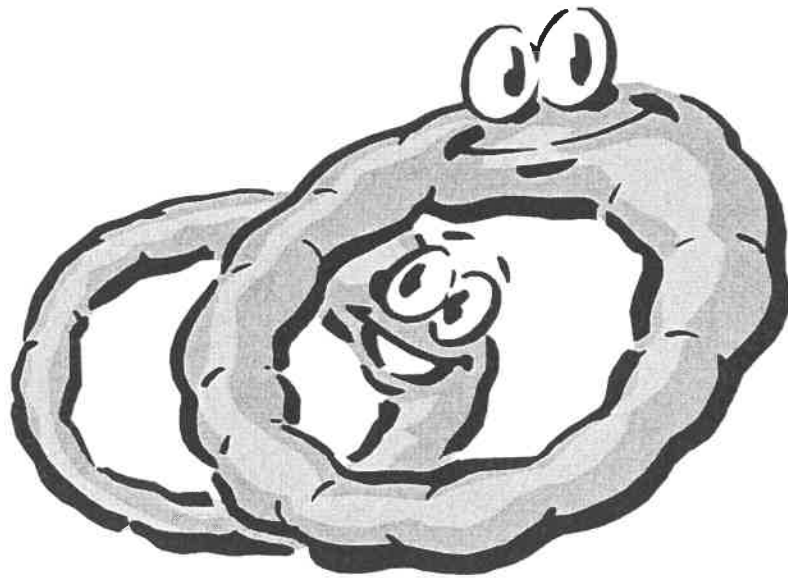
Jeff Benton

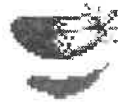
### Ingredients

1 cup flour  
1 cup milk  
 $\frac{1}{4}$  tsp salt  
2 onions

### Directions

1. Cut up onion in rings.
2. Mix together flour, milk and salt in a bowl.
3. Dip onion in mixture and fry in oil.





## Red-Eye Gravy

Red Cliff Ojibwe

### Ingredients

1 or 2 cups coffee  
1 tbsp bacon grease  
pinch of salt  
pinch of pepper

### Directions

1. Pour coffee in skillet and bring to a boil.
2. Add salt and pepper and grease.
3. Pour over biscuits or corn bread.
4. Coffee doesn't have to be fresh, it can be yesterday's coffee.



## Sweet & Sour Sauce

Dee and Aya, Red Cliff

### Ingredients

1/2 cup pineapple juice  
2 tablespoons vinegar  
2 tablespoons brown sugar  
1/8 teaspoon pepper  
1/2 teaspoon paprika  
1 chicken bouillon cube  
1/2 teaspoon prepared mustard  
1 tablespoon cornstarch  
1/4 cup water

### Directions

1. In small saucepan, combine all ingredients except corn starch and water. Cook until bouillon cube is dissolved.
2. Combine cornstarch and water, then stir into hot liquid. Cook, stirring constantly, until clear and thick.



## Venison Spice

Linda Kroening, Stockbridge-Munsee

Yield: 5 cups



THYME

### Ingredients

1 cup garlic powder  
1 cup thyme  
1 cup chopped rosemary  
1 cup beef bouillon granules  
1/2 cup black pepper  
1/2 cup salt

### Directions

Mix all ingredients and put in shaker. Can be used on any wild game.

### SUGGESTIONS:

I also add a large raw onion, chopped, and shake on some Worcestershire sauce.



ROSEMARY

Serving size:	1 teaspoon
Calories per serving:	6
Carbohydrates:	1 gm
Fat:	0 gm
Dietary Fiber:	0 gm
Sodium:	373 mg



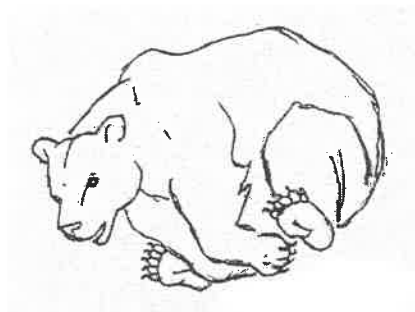
# Soups & Stews

	Bear Soup	.....	42
	Beef Oxtail Soup	.....	43
	Buffalo Soup	.....	44
	Corn Chowder	.....	45
	Corn Soup	.....	46
	Corn Soup, Oneida	.....	47
	Cowslip Soup	.....	48
	Cream of Green Beans Soup	.....	49
	Crock Pot Stew	.....	50
	Deermeat Soup	.....	51
	Hominy Soup	.....	52
	Milkweed Cream Soup	.....	53
	Milkweed Soup	.....	54
	Partridge Soup	.....	55
	Pea Soup w/Wild Rice	.....	56
	Squash and Corn Soup	.....	57
	Squash and Corn Soup	.....	58
	Squirrel Soup	.....	59
	Turtle Soup	.....	60
	Turtle Soup	.....	61
	Venison Hominy Soup	.....	63
	Venison Soup	.....	64
	Venison Stew	.....	65
	Venison Wild Rice Stew	.....	66
	Wild Fern Soup	.....	67
	Wild Rice Ricing Soup	.....	68
	Wild Rice Soup	.....	69

## Makwa Naboob

### (Bear Soup)

Lac Courte Oreilles Community



#### Ingredients

5 pounds bear  
meat

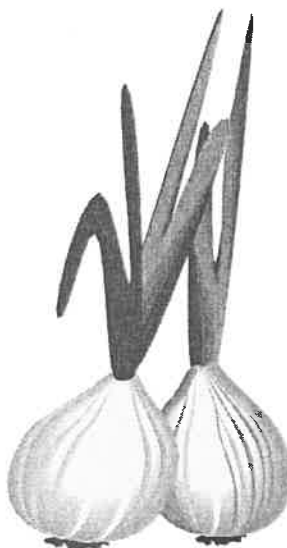
4 cups water

2 tablespoons salt

4 wild onions

#### Directions

1. Trim all fat from the meat and wash well in cold water.
2. Cut the meat into 2-inch cubes.
3. Boil until done. Serve the soup as hot as possible.



## Beef Oxtail Soup

Christina Sipla and Tom King, Ho-Chunk

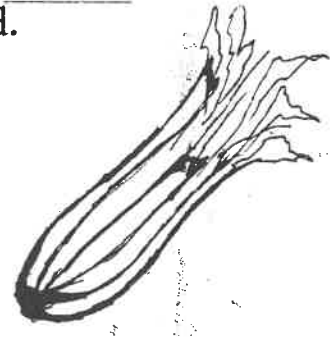
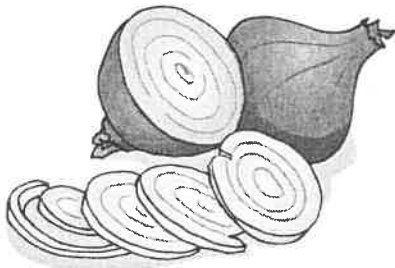
### Ingredients

2-3 pounds beef oxtails  
3-4 quarts water  
3-4 stalks of celery, sliced  
5 carrots, peeled & sliced  
1 cup chopped onion  
2 cloves garlic, crushed  
1/4 head cabbage (optional)  
salt and pepper to taste

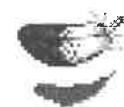
### Directions

1. Remove fat from oxtails.
2. Put water and oxtails in pan. Boil until meat falls off bone. Remove meat from bone and add to broth.
3. Place broth in refrigerator for one hour to allow fat to rise to the top. Scrape fat layer off the top of the broth after refrigeration, or use a defatting cup to remove fat while soup is hot.
4. Add vegetables and garlic to broth. Cook until vegetables are tender.

**SERVING IDEAS:** Remember soup always tastes better when it is a day old.







# Buffalo Soup

Becky Lemieux  
Bad River Reservation

## Ingredients

1 pound ground buffalo, frozen  
1 small onion, diced  
2 stalks of celery washed, diced  
2 small summer squash peeled, cubed  
4 medium potatoes peeled, cubed  
1 15 oz can tomato sauce  
2 carrots, peeled & sliced  
1 package lipton beef/mushroom soup mix  
salt and pepper to taste

## Directions

1. Place all ingredients into a 3 quart crock-pot on low.
2. Add water, so that you are about 1 1/2 inches from the top of crock pot.
3. Cook on low for about 8 hrs.
4. Break up meat before serving.

Calories Per 1 cup serving:	130
Carbohydrates:	18 gm
Fat:	1 gm
Saturated fat:	0 gm
Protein:	12 gm
Fiber:	3 gm
Sodium:	375 mg



# Corn Chowder

Terry Dalton, Mole Lake Sokaogon

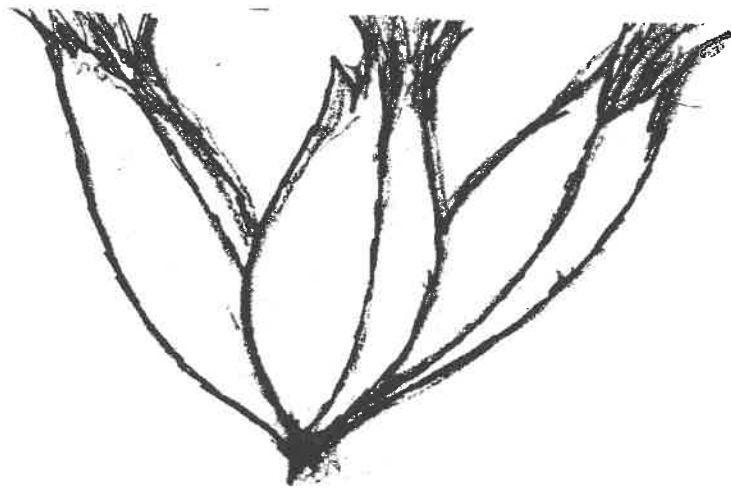
Yield: 4 servings

## Ingredients

10 ounce frozen whole kernel corn or 4 ears fresh corn  
1 medium onion, chopped  
4 medium potatoes, peeled and diced  
  
1/2 pound bacon, fried crisp, drained and crumbled  
2 cups water  
2 cups skim milk  
1/3 cup flour

## Directions

1. Put corn, onion, potatoes, bacon and water into a large kettle; cook until tender.
2. Don't drain! Thicken soup with flour and milk mixture.
3. Simmer for a few minutes and serve.



Calories per serving:	592
Carbohydrates:	58 gm
Fat:	28 gm
Dietary Fiber:	3 gm
Sodium:	987 mg

## Corn Soup

Laura Cooper, Forest County Potawatomi



4 quarts Whole Indian Hull Corn  
Large canning pot  
Pour 4 quarts Corn in large canning pot  
Fill almost to top with water  
Bring to a boil  
When water starts to boil add 8 tablespoons of baking soda  
Corn will turn orange  
When water runs out-add more  
Bring to a boil the second time  
Add 8 more tablespoons of baking soda  
Bring to full boil and cook 4-5 hours  
Check to see if hulls come off  
Corn looks puffed up-like it is breaking open--Needs to be washed  
Drain water from pot  
Run under cold tap water and wash until it is clean  
Add water almost to top of pot  
Add 4 large cans dark kidney beans, drained  
Add meat of choice (salt pork, venison-diced, spare ribs, pork hocks)  
Salt to taste  
Cook another 2-3 hours until meat is done  
If you used meat with bones, remove bones  
Serve

# Oneida Corn Soup

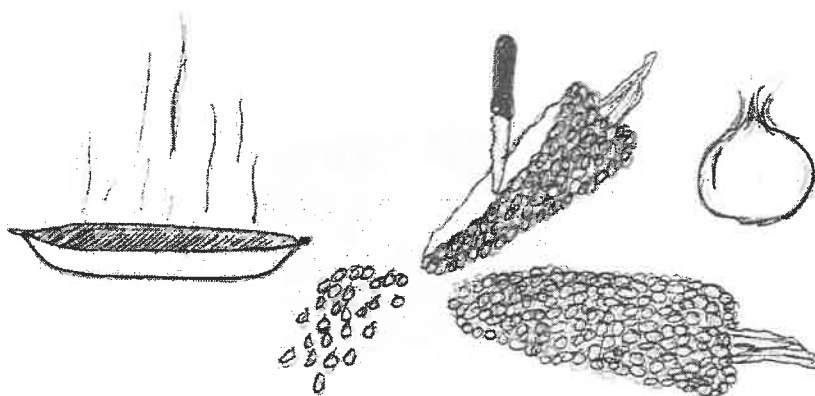
Oneida Food Distribution Program

## Ingredients

4 cups dried hulled corn  
3 pounds pork roast, cubed and boiled  
2 cups cooked dry or canned kidney beans  
1 onion diced (optional)  
1 cup fresh cut and cubed zucchini, optional  
salt and pepper to taste

## Directions

1. To cook the dried hulled corn: soak the corn overnight, rinse and simmer for 6 hours in a slow cooker or on the stove, with enough water to cover the corn.
2. Cook your meat the day before and refrigerate, and remove the fat when cold.
3. Add cooked or canned beans, meat, onion and zucchini to the corn during the last hour and simmer 45 minutes.
4. Season with salt and pepper. Eat and enjoy.



## Niebeesh Naboob

### (Cowslip Soup)

Lac Courte Oreilles Community

Pick cowslip leaves on any swampy marsh, along roads, etc...

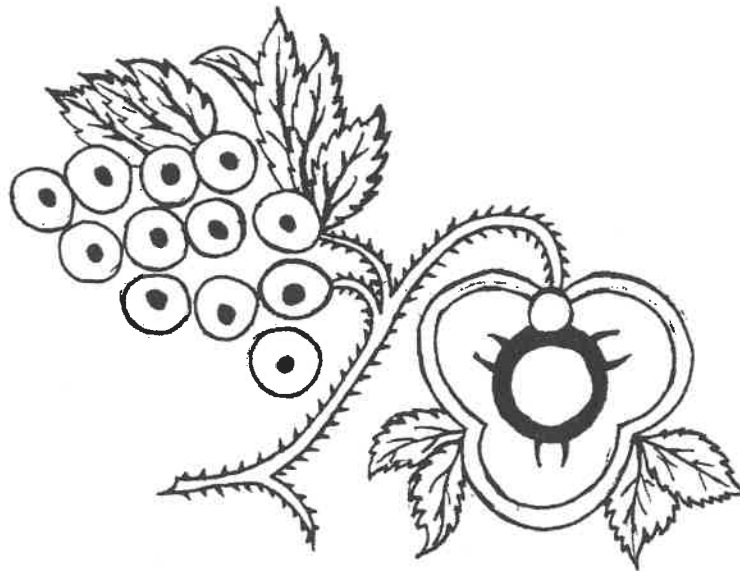
Cook as you would spinach.

Make a thickening with flour and water.

Add salt pork also.

It's similar to wild fern soup.

Very Good!



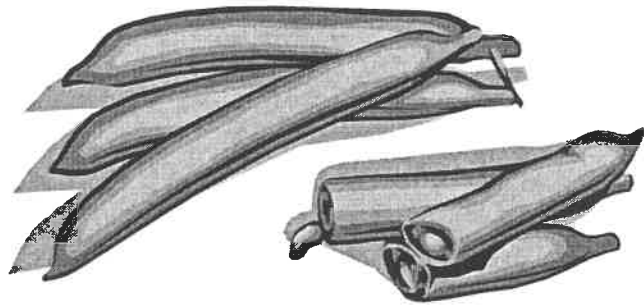
# Cream of Green Beans Soup



Phyllis Wyse, Red Cliff Ojibwe

## Ingredients

2 quarts chicken stock or broth  
1/4 cup butter  
1/2 cup flour  
1 onion chopped fine  
1 stalk of celery chopped  
2 sprigs parsley chopped  
1 1/2-cups cooked green beans  
1 cup cream mixed thoroughly  
with 2 egg yolks



## Directions

Melt butter in large soup pot, add flour and stir until golden. Add chicken broth and cook stirring until smooth. Add vegetables. Simmer 30 minutes, skimming several times. Add green beans, reserving a few for garnish, and simmer 5 minutes. Blend a batch at a time until all vegetables are pureed. Return to pan and reheat. Whip egg yolks thoroughly into cream. Add some of the hot soup to this mixture, then pour the mixture into the hot soup, stirring, add a little salt. Serve with a few beans floating on each bowl.

Calories Per 1 cup serving:	215
Carbohydrates:	11 gm
Fat:	16 gm
Saturated fat:	9 gm
Protein:	6.5 gm
Fiber:	1.5 gm
Sodium:	690 mg

# Crock Pot Stew

Linda Kroening, Stockbridge-Munsee

Yield: 8 servings

## Ingredients

2 pounds venison,  
cut in chunks  
(about 3 cups)  
water to fill  
crockpot  
1 cup onion,  
chopped  
1 bay leaf  
worcestershire  
sauce to your  
liking  
6 potatoes, peeled  
and cut up  
1 pound carrots  
scraped  
2 tablespoons  
venison spice  
(recipe  
included in  
appetizers,  
spices, sauces  
& gravy  
section)

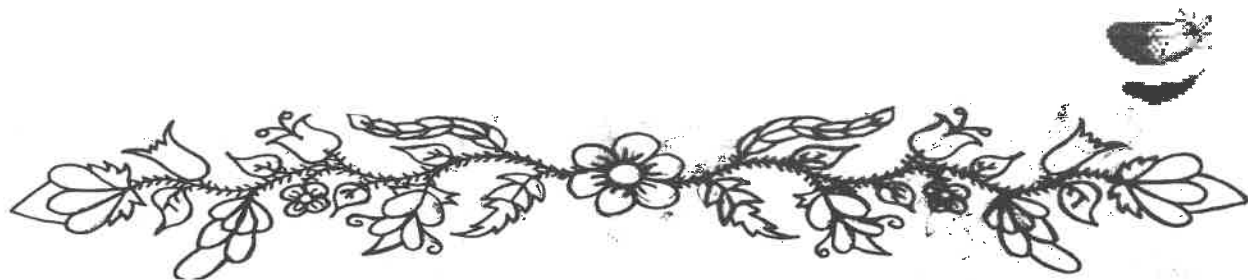
## Directions

1. Add all ingredients to a crock pot.
2. Cook for 6-8 hours.
3. Remove bay leaf before serving and add a few pats of butter.

HINT: A small pork roast or slice of salt pork can be added, if you wish.



Calories per serving:	260
Carbohydrates:	29 gm
Fat:	4 gm
Dietary Fiber:	4 gm
Sodium:	392 mg



## Waawaashkeshii Naboob (Deermeat Soup)

Biiwaabikoons (Reva Chapman), Lac du Flambeau Ojibwe

### Ingredients

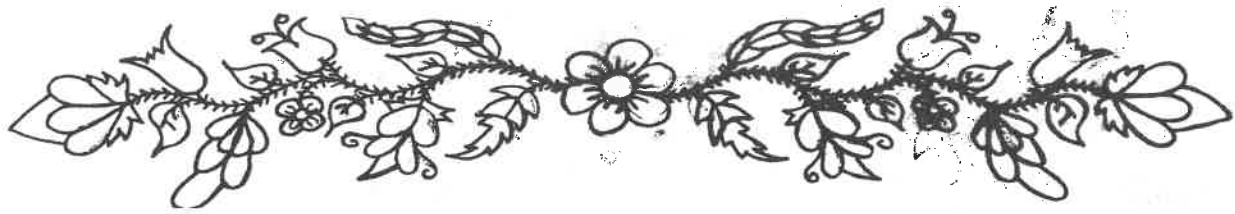
5-6 lbs deermeat (shoulder or hindquarter), cut into chunks  
4-5 quarts water, enough to fill kettle  
2 cups chopped onions  
5-6 potatoes, peeled and chopped  
1 lb carrots, peeled and chopped  
1 cup cornmeal  
32 oz. can yellow or white hominy

### Directions

1. Boil deermeat in water, along with the chopped onions, until tender
2. Add potatoes and carrots, boil until vegetables are tender.
3. Measure 1 cup cornmeal for each gallon of soup. Add cold water to cornmeal to soften it.
4. Mix with a whisk and pour into soup, stirring constantly.
5. Add large can of hominy just before serving. Add salt and pepper.

**Note:** You can increase the amount of deermeat and/or vegetables to serve more people. Also, these are vegetables that were traditionally grown in gardens such as Reva's. You can also add 2 cups chopped celery, rutabagas or any other vegetable in season, if you like.





## Hominy Soup

Marilyn Charette, Red Cliff

### Ingredients

1 quart hominy  
2 tablespoons  
baking soda  
2 pounds boiling  
meat (beef,  
pork, venison)  
1 pound salt pork  
1 package onion  
soup mix  
vegetables  
(optional)  
salt and pepper  
to taste

### Directions

Cook hominy first. Add hominy and baking soda to a stock pot with about 1/2 quart of water. Continue to add hot water as needed, until hominy is done. Boil 3 to 4 hours or until corn pops open. Rinse in cold water until soda taste is gone, about 20-30 rinses in colander.

Combine the remaining ingredients: meat, salt pork, soup mix, and vegetables, if desired, in a large stock pot. Add double the amount of water as ingredients in the pot. Cook 1-2 hours or until meat is tender. Salt and pepper to taste.

**VARIATION:** Vegetables can be added (celery, carrots, potatoes, etc..). Dumplings can also be added at the end if wanted.

Hominy can be bought at Midland Feed Store in Ashland.



## Na-ne-we-sok

### Milkweed Cream Soup

Mrs. Margaret Wilber, Menominee

#### Ingredients

4-5 quarts of  
milkweed  
blossoms  
1/2 pound  
seasoning meat,  
diced (ham,  
bacon, or  
salt pork)  
1 tablespoon  
butter or  
margarine  
1 cup flour  
milk (whole or  
can)

#### Directions

1. Milkweed should be picked when the blossoms are in the bud, some folks like them tiny, others before the buds open.
2. Clean and wash the buds thoroughly, parboil, but not too long, otherwise you lose the flavor. We just let them come to a good boil, drain, then run warm water over them.
3. Return milkweed to kettle, cover with warm water. Add seasoning meat, which has been diced. Let cook until meat is done, about one-half hour.
4. Add thickening made of flour and milk.
5. Let simmer for about five more minutes, add butter or margarine.
6. Serve with salt pork sandwiches made with squaw bread biscuits.

# Milkweed Soup

Faith and Jim Matter, Ho-Chunk

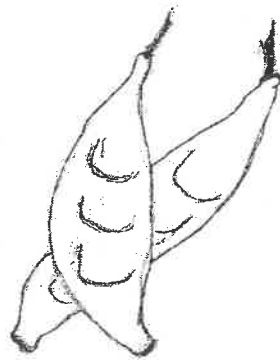
## Ingredients

6-8 milkweed pods  
6 cups water  
1 pound ham or beef, cut into chunks  
2 cups sliced carrots  
2 cups peas

## Directions

1. Milkweed pods, green to light green in color, are only available in July. Pick 6-8 milkweed pods from stems, depending on size.
2. Bring a large pot of water to a boil, add milkweed pods. Boil until milky in color.
3. Add ham or beef, carrots and peas. Boil until vegetables are done and pods fall apart.

**HINT:** Milkweed pods can be picked in large amounts and frozen to use in soup during other seasons.



# Bine Naboob

## (Partridge Soup)

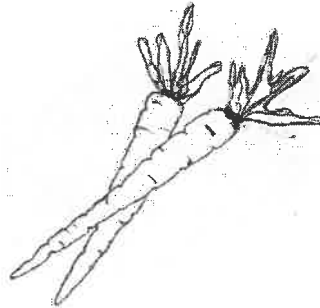
Ina Valliere, Lac du Flambeau

### Ingredients

10 cups water  
2 cleaned partridges  
1 cup each: carrots, celery, and potatoes  
1/2 cup uncooked wild rice  
1/2 cup white rice  
3 tablespoons parsley  
2 chicken bouillon cubes ( You may substitute low-sodium bouillon crystals.)  
salt and pepper to taste

### Directions

1. Put partridges and water in soup kettle. Boil for 20 minutes.
2. Take partridges out of water and cut meat off the bone.
3. Return partridges to water and add remaining ingredients. Simmer until vegetables and rice are done; about 1-1/2 hours.



### How to clean a Partridge: Scott G. Smith, Lac du Flambeau

After shooting a partridge, lay it flat on the ground with the belly up. It is important that the head is not underneath the body. Grab each wing with each hand and place left foot on left wing and place right foot on right wing. Make sure to keep feet as close as possible to the body of the bird. Grab both legs with each hand; pull legs straight up slowly. Cut wings off carcass and clean excess feathers and skin before freezing or cooking.

## Pea Soup with Wild Rice

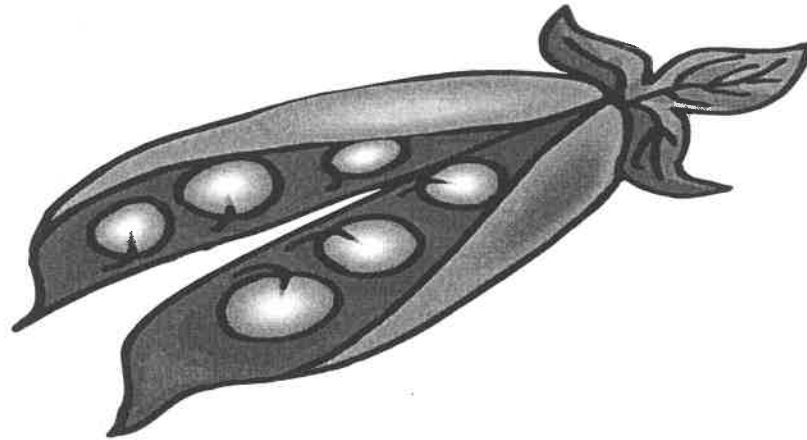


### Ingredients

3 quarts water  
1 lb peas  
1/2 lb salt pork  
4 large carrots,  
    chopped  
1 medium onion,  
    diced  
1 medium rutabaga,  
    diced  
1-cup wild rice,  
    cooked

### Directions

1. Soak the peas overnight as you would to make pea soup.
2. Bring peas and salt pork to a boil then add vegetables.
3. Simmer covered 4 hours, stir in wild rice the last 15 minutes.



**Hint:** In stews and soups, it is usually better to cook the wild rice separately first, but not completely done, then stir it in for the last 15 minutes of cooking.

# Squash and Corn Soup

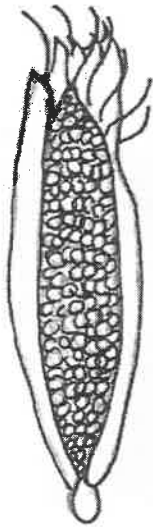
Bernice Blackdeer, Ho-Chunk

## Ingredients

8-12 ears of corn,  
depending on  
size  
1 buttercup  
squash  
1 pound pork  
roast  
2-3 quarts water,  
enough to fill  
kettle

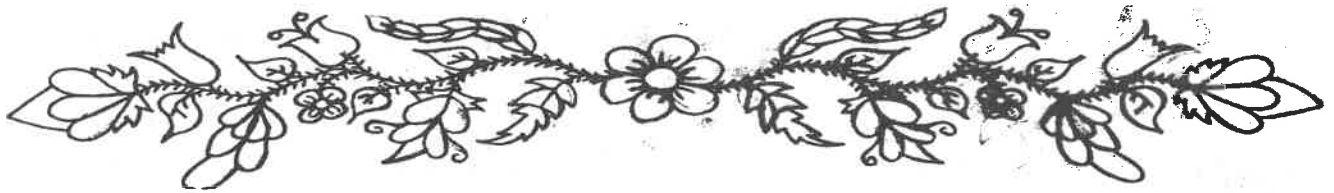
## Directions

1. Cut corn off of cob when raw.
2. Clean and remove insides of squash. Peel skin. Slice or dice into small pieces.
3. Trim all visible fat off pork roast. Cut meat into small cubes.
4. Add all above ingredients to a 5 quart dutch oven. Fill kettle with water.
5. Bring soup to a boil, reduce heat and simmer 1/2 hour. Season to taste after cooking.



**HINT:** Best in fall of year when corn and squash are fresh.





## Squash and Corn Soup

Vivina Lemieux, Ho-Chunk

### Ingredients

1-2 pounds pork,  
cut into pieces  
1 medium onion,  
chopped  
2 (15 1/4 ounce)  
cans whole  
kernel corn OR  
3 1/2 cups corn  
cut fresh from  
the cob  
1 butternut  
squash, peeled  
and cut into  
cubes

### Directions

1. Cut pork and onion into pieces. Boil in large kettle filled with water until pork begins to get done.
2. Add canned or fresh corn and squash that has been cut into cubes. Continue to boil until vegetables are done.
3. This soup is excellent when served with fry bread.

**HINT:** Whenever my father made this soup, he always used corn that he cut fresh from the cob.



# Squirrel Soup

Mrs. Mabel Dickie, Menominee



## Ingredients

3 - 4 squirrels  
(preferably  
grey squirrels)  
4 quarts water  
1 tablespoon salt  
3 onions, chopped  
Vegetables (such  
as corn, dried  
potato flakes,  
and more  
onion)  
salt and pepper to  
taste  
flour for  
thickening

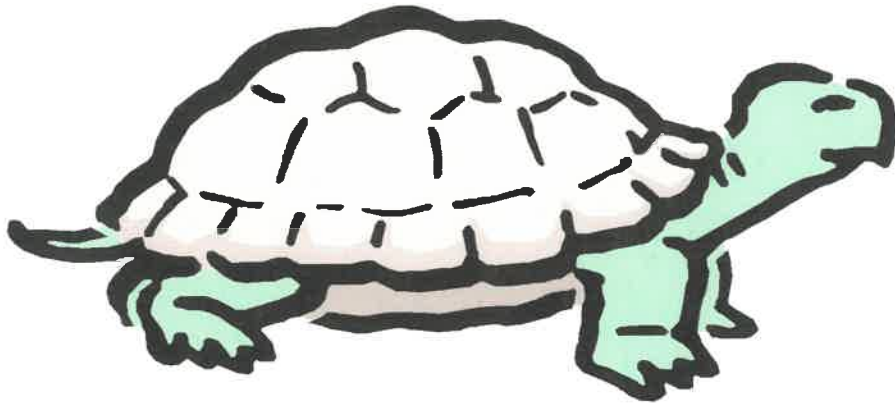
## Directions

1. Clean and cut up squirrels.
2. In a large kettle, add squirrels, water, salt and onions.
3. Simmer until meat begins to come off the bones. Remove from pot and pick out bones.
4. Return the meat to kettle and add vegetables. Add salt and pepper to taste, also a little pork grease.
5. Thicken with flour and serve.



# Turtle Soup

Mrs. Mabel Dickie, Menominee



After cleaning turtle and removing insides: cut meat into pieces, put in pot containing 4 quarts of water, onion, salt and pepper. Simmer four hours. Remove meat, pick over and return to pot. Thicken with flour and simmer  $1/2$  to 1 hour longer. Stir well and serve. If turtle eggs are desired, they are cooked separately and added to the soup before serving.

Hint: To reduce stewing time, the turtle may be put into a pot of boiling water (alive) 15 minutes, then cleaned and cut up.

# Turtle Soup

Cheryle Elm, St. Croix Ojibwa

Yield: 12 Servings

## Ingredients

1 fresh turtle  
found by a lake  
or a road  
1 head cabbage,  
cut up  
5 pounds peeled  
and sliced  
potatoes  
2 pounds peeled  
and thinly  
sliced carrots  
1 large rutabaga,  
thinly sliced  
3 stalks sliced  
celery  
2 quarts water  
(depending on  
size of turtle)

## Directions

1. Cook turtle in water for about 1 hour.
2. Add remaining ingredients.
3. Cook soup 1 - 1 1/2 hours longer for a total of 2 - 2 1/2 hours.

**SERVING IDEAS:** Serve with fresh bread, and fresh table onions as desired.



Calories per serving:	411
Carbohydrates:	71 gm
Fat:	2 gm
Dietary Fiber:	16 gm
Sodium:	226 mg

## Turtle Soup (continued)

How to catch and clean a live turtle,

1. Use a large gunnie sack or a large cardboard box to capture the turtle, also using a large thick stick to push the turtle into the bag or box.
2. Have a long nose pliers and have someone grasp the turtle's upper mouth and hold on tight!
3. Have the other person take an ax and chop off the head while you have the pliers grasping the turtle's mouth. Stretch the neck out as far as you can in order for the other person to behead the turtle.
4. Get a long piece of wire, tie the wire around the end of the tail, and hang the turtle on a good strong tree branch. Let the turtle hang for 1-2 days before cutting down.
5. After time span, take the turtle down. Use a strong knife to cut the soft shell that's covering the stomach of the turtle. You will probably have to nail down the four legs in order to get a grip on the turtle for the cutting process. Use only the meat from the legs.
6. After you have cut up the meat, wash the meat well, and begin cooking.

ENJOY!! ENJOY!!

ONE VERY IMPORTANT FACT! STAY AWAY FROM THE TURTLE'S HEAD, IT WILL CONTINUE TO SNAP FOR AT LEAST 2 DAYS.



## VENISON HOMINY SOUP

John Denomie Odanah, Wi Bad River Reservation

### Ingredients

1 venison neck  
1 pound hominy  
(dehydrated/  
hulled)  
2 onions  
(medium/diced)  
6 potatoes  
(peel/dice)  
salt to taste  
pepper to taste  
allspice to taste

### Directions

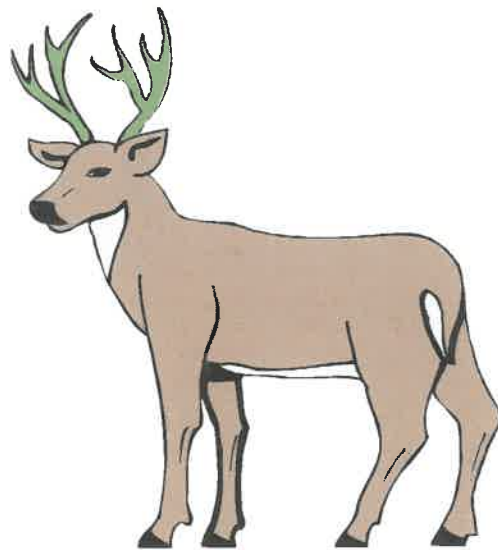
1. Boil neck and onion in water for 2 hours.
2. Boil hominy and onion in water for 2 hours.
3. Strain both broths into bowl-set aside .
4. Cut meat from neck roast and chop into small pieces.
5. Peel potatoes and cube into 1 inch pieces.
6. Combine meat, hominy and uncooked potatoes place in large pot or Crock pot and add broth.
7. Cook on high until potatoes are tender.
8. If desired, for color add 1 package of mini-carrots-cooked/diced.

Season to taste-and enjoy!



## VENISON SOUP

Florence Mieloszyk  
Bad River Reservation Birch, Wi.

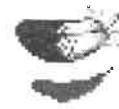


Cut venison shoulder into stew pieces, salt and pepper,  
Add one medium onion, diced, add 2-4 tablespoons cooking  
oil, brown and simmer until tender.

Add-----4 potatoes, peeled & cubed  
1 small package baby carrots  
Cook until tender.

Add-----1 can corn  
1 can green beans  
1 small can of mushrooms  
1 quart home canned tomatoes

Simmer , serve and enjoy



## Venison Stew

Liz Dearbin, Webster, WI

### Ingredients

1 small hind-  
quarter or 2 venison  
steaks  
1/2 tsp pepper  
1 tsp salt  
2 bay leaves  
1 cup diced potatoes  
1 cup carrots  
1 medium rutabega  
1 cup celery  
1 medium diced  
onion  
1/2 tsp garlic salt

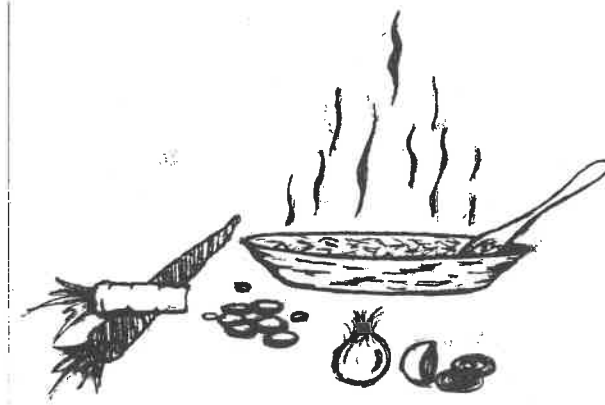
### Directions

1. Slice, cube or dice venison and put into kettle (8 quarts).
2. Fill about 3/4 full with water, add salt and pepper and bay leaves.
3. Boil for 20 minutes.
4. Add rest of ingredients and cook covered until veggies are soft. (15-20 minutes)
5. Make a soupy paste of water and flour, add a little kitchen bouquet.
6. Stir into stew and cook another 5 minutes and its done.

Good with Baking powder Biscuits.

## Venison Wild Rice Stew

John "Dates" Denomie, Bad River Ojibwe



Cut one venison shoulder into stew meat. Brown in frying pan. Put into crock pot and add water until pot is 3/4 full. Boil until tender. Drain broth through colander to remove fat tallow. Set meat aside. Cook wild rice in broth. Add meat back along with diced potatoes and carrots. Salt and pepper to taste. Onion optional. Simmer for one to one and a half hours.

## Waywaagain Naboob

### (Wild Fern Soup)

To cook one kettle full for supper !

One grocery bag full of wild ferns (4 inches).

Cut in 1 inch pieces or break up.

4 slices of salt pork - cubed.

Boil for 1/2 hour or until tender.  
Make little dumplings and put in kettle.  
Let continue boiling for 15 minutes.  
Stir so it won't stick to bottom of kettle.

Very, Very Delicious !!

P.S. These can be picked anywhere in the woods.





# Wild Rice Ricing Soup

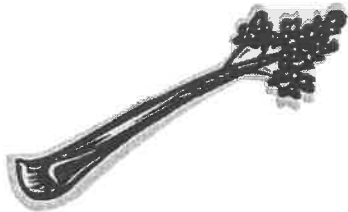
Phyllis Lowe, St. Croix Ojibwa

Yield: 6 servings

## Ingredients

1 cup wild rice,  
raw  
6 cups boiling  
water  
1 pound ground  
beef  
1/2 small onion,  
chopped  
1 stalk celery,  
chopped  
4 oz can  
mushrooms  
salt and pepper to  
taste

Calories per serving: 338  
Carbohydrates: 23 gm  
Fat: 17 gm  
Dietary Fiber: 3 gm  
Sodium: 547 mg



## Directions

1. Rinse rice in water until water runs clear. Bring water to boil in a medium saucepan. Add rice to boiling water, boil 15-20 minutes.
2. Brown beef, onion, and celery. Drain off fat. Add meat mixture, mushrooms, and spices to rice. Boil 10 minutes. Turn off heat, let stand 15 minutes. (Boiling makes rice fluffy-simmering makes rice mushy.)

**SERVING IDEAS:** Serve with tea and homemade yeast biscuits spread with butter and peanut butter. Eat and enjoy - IT'S GOOD!

**HISTORY:** Also called Bingo Soup, because it is fast and we can get to Bingo. This is done in a hurry. We had this during ricing time because it was fast to prepare.

# Anishinabe Manoomin Naboob

## (Wild Rice Soup)

Joe Chosa, Lac du Flambeau Ojibwe

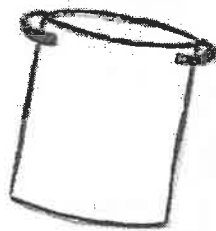
Yield: 5 quarts (20 - 1 cup servings)

### Ingredients

3-4 pounds  
chicken,  
partridge or  
venison  
1 medium onion,  
chopped  
2 teaspoons salt  
2-3 quarts water,  
enough to fill  
kettle  
1/2 pound wild  
rice, washed  
and cleaned  
2 cups chopped  
carrots  
2 cups chopped  
celery  
2 cans reduced  
sodium  
chicken  
broth  
(optional)

### Directions






1. Fill a large stockpot with the chicken, partridge or venison, onion, salt and water. Boil until a stock has formed.
2. Add wild rice and vegetables. Cook until rice and vegetables are done, adding more water to cover ingredients if necessary.
3. For more flavor, add 2 cans reduced sodium chicken or beef broth when adding rice and vegetables.

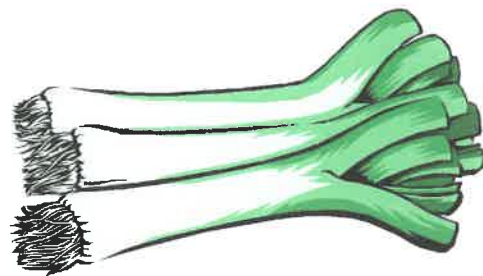
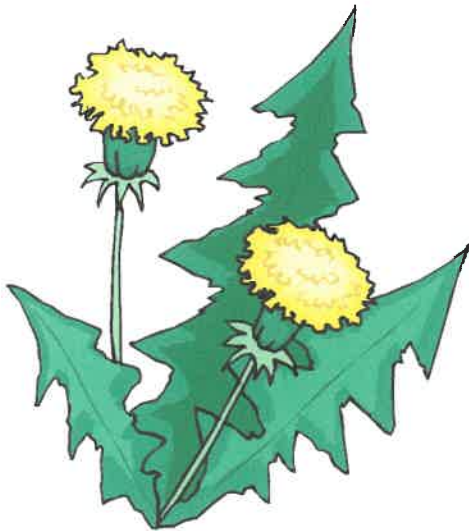


Serving size:	1 cup
Calories per serving:	144
Carbohydrates:	4 gm
Fat:	4 gm
Dietary Fiber:	1 gm
Sodium:	376 mg



# Vegetables

	Baked Acorn Squash .....	72
	Cream Peas .....	73
	Dandelion .....	74
	Dilled Green Beans .....	75
	Garden Succotash .....	76
	Leeks .....	77
	Milkweed .....	78
	Steamed Milkweed .....	78
	Wood Greens .....	79
	Zucchini Pickle .....	80





## Baked Acorn Squash

Phyllis Wyse, Red Cliff Ojibwe

### Ingredients

1 squash per 2  
people  
4 strips bacon  
Butter  
brown sugar or  
maple sugar

### Directions

1. Cut squash in half, scrap out seeds and fiber then cut in half again.
2. Put squash on cooking sheet, put a slab of butter on squash and lay a strip of bacon across top. Sprinkle little sugar on top.
3. Bake at 350 degrees for  $\frac{3}{4}$  to 1 hour. You can check by putting fork in center and if squash is soft, then it is done.





## Cream Peas

Myrtle Gordon, Red Cliff Ojibwe

### Ingredients

2 cups peas with juice

1 cup milk

¼ cup butter

salt

pepper

flour



Add all ingredients, then thicken with flour and you can pour over mashed potatoes.



# Ozaawaa-Wabigon Nabooob

## (Dandelion Greens)

Lac Courte Oreilles Community

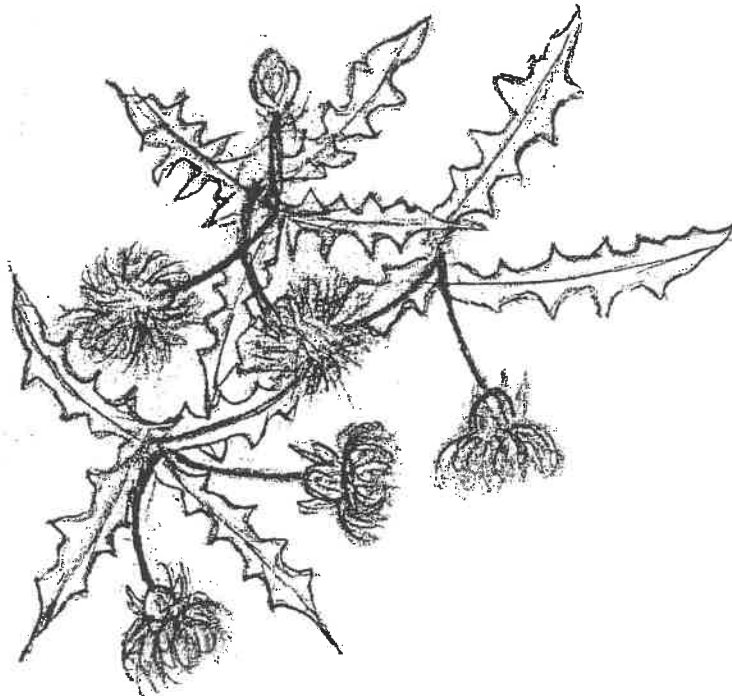
Gather greens before blossoming.

Wash them well.

Add small amount of water and simmer.

Add seasonings, (salt, butter, oil, and/or vinegar).

Serve hot.





## Dilled Green Beans

### Ingredients

3 lbs whole green beans  
1 ½ tsp cayenne pepper  
6 garlic cloves  
6 dill heads or 2 tbsp  
dill seed  
3 ¼ cups vinegar  
3 ¼ cups water  
6 tbsp salt  
(canning or kosher)



### Directions

Cut off ends of beans then wash beans. Pack lengthwise in clean, hot pint jars leaving about ¼ inch room from the top. Add 1 clove of garlic, 1 head of dill or 1 tsp dill seed and ¼ tsp cayenne pepper to each pint jar. Mix together in an enameled or stainless steel kettle the water, vinegar and salt; bring to a boil and pour the boiling hot mixture over the beans in the jars. Leave ¼ inch from the top empty. Adjust the lids and process in a Boiling-Water Bath (212 F.) for 10 minutes. Makes about 6 pints.





## Garden Succotash

Bernice Miller Pigeon, Stockbridge-Munsee

Pick about 1 pint of garden beans from garden when the beans are too big for string beans but not yet ripe.

Clean, cut open and separate beans from pod until you yield about 1 cup.

While in the garden pick about 4 or 5 ears of sweet corn. Wash corn and clean shave corn from the cob also remembering to squeeze the milk from the cob. This should yield about 2 cups.

Combine beans, corn, corn milk and 1 can of canned milk into a sauce pot.

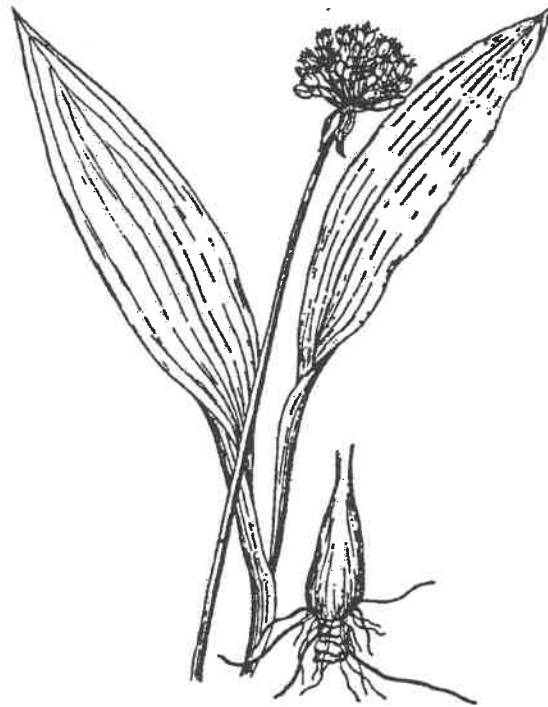
Add a tablespoon of butter, 1/2 teaspoon salt, 1/2 teaspoon pepper. Bring to a boil at medium heat, stirring occasionally for about 15 minutes.

Serve as a side dish or as a soup.

# Leeks

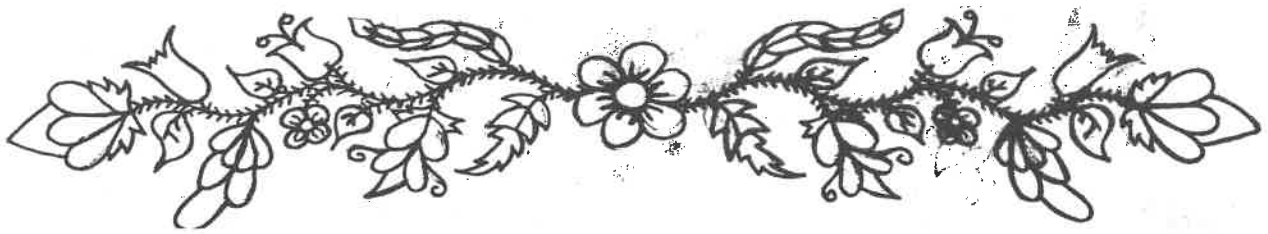
Stockbridge-Munsee Community

Are a spring onion that can be eaten raw or fried.  
Leeks are used as a spring tonic that cleanses your body.



Wild Leek

Illustration reprinted by permission from Henry A. Gleason's The New Britton and Brown Illustrated Flora of the Northwestern United States and Adjacent Canada, Volume 1, page 414, copyright 1952, The New York Botanical Garden.



## Milkweed

(Similar to cauliflower)

Eugene Shawano, Sr., Forest County Potawatomi  
“I’m not afraid of dying because I have a reservation”

Pick the milkweed before flower blossoms  
appear on the plant.

Mix with the vegetable of your choice in  
water and boil.

Season with salt and pepper.

Flour can be added to thicken or  
the plant leaves can be used.

Should be eaten as a soup.

## Steamed Milkweed

Carmen Mason, Stockbridge-Munsee

When milkweed is in season, harvest the plant.  
When it is about 8 inches high, pick the whole plant,  
so it will regenerate but only use tops.

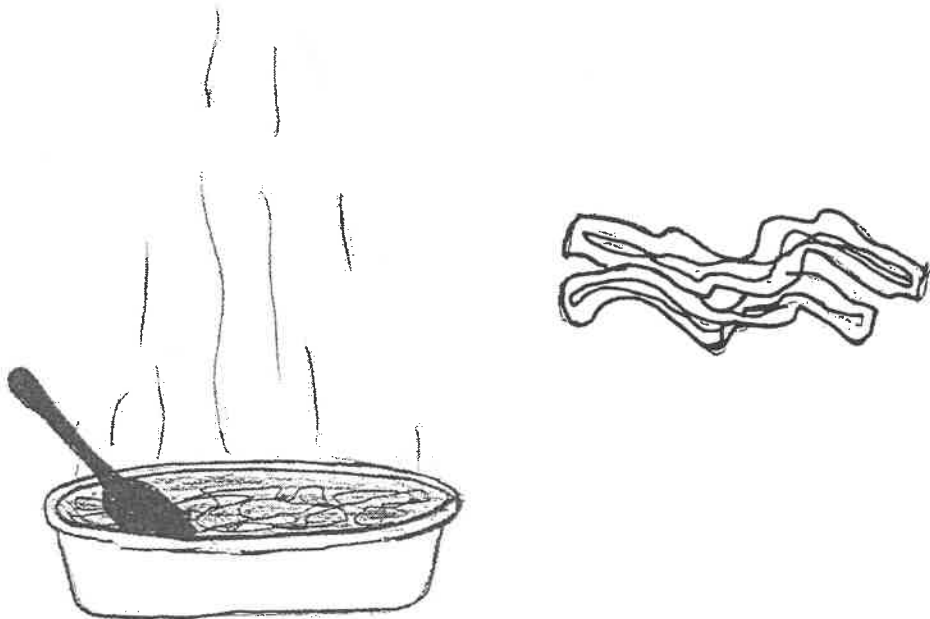
Rinse the milkweed and steam.

Add spices to your liking and eat.

## Wood Greens

Stockbridge-Munsee Community

Pick your own greens, wash and boil in water for 15 minutes. Drain. Fry in a pan with some bacon grease for 15 minutes.





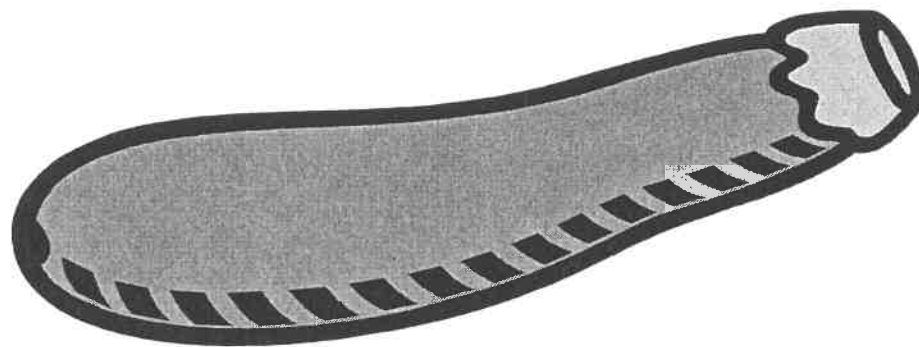
## Zucchini Pickle

### Ingredients

2 quarts thin  
slices of unpeeled  
zucchini squash  
2 medium onions  
peeled and sliced  
 $\frac{1}{4}$  cup salt  
2 cups vinegar  
2 cups sugar  
1 tsp celery seed  
2 tps mustard seed  
1 tsp turmeric  
 $\frac{1}{2}$  tsp dry mustard

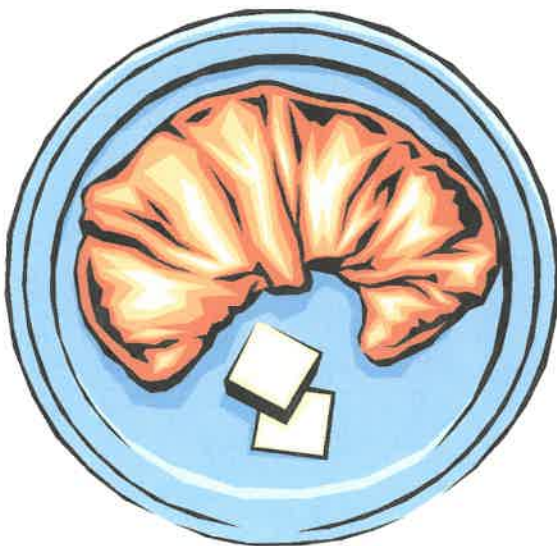
### Directions

Combine zucchini and onions. Sprinkle with the salt, cover with cold water and let stand for 2 hours. Drain, rinse with fresh water and drain again. Combine remaining ingredients in an enamelware kettle and bring to boiling. Cook for 2 minutes. Add zucchini and onions, remove from heat and let stand for 2 hours. Bring again to boiling and cook for 5 minutes. Ladle hot into sterilized pint jars and process in a Boiling-Water Bath for 5 minutes to ensure a seal. Makes about 4 pints.



# Breads & Dumplings

Cornbread Dumplings .....	82
Fresh Baked Bread .....	83
Fry Bread .....	84
Fry Bread .....	85
Indian Dumplings .....	86
Lagillette .....	87
Naenapun Bread .....	88
Sirella's Fry Bread .....	89



# Cornbread Dumplings

Julie Williams, Stockbridge-Munsee



## Ingredients

8 cups water  
1 teaspoon salt  
2 cans kidney  
beans  
2 1/2 pounds  
mesa white  
flour

## Directions

1. Fill a large stock pot three-fourths full of water, bring water and salt to a boil.
2. While water is heating; mix water, beans and flour together. (Dough should be a sticky dumpling texture.)
3. Form dumplings the size of your fist. Drop into boiling water. Dumpling will sink. Cook for approximately 15 minutes or until dumpling raises to the surface.
4. Remove finished dumpling.

**HINTS:** The dumpling can be eaten warm or cold. Warm dumpling - slice and eat with butter. Cold dumpling can be eaten as bread, slice and eat cold or reheat.

# Oshki Giboza Bakwezhigan (Fresh Baked Bread)

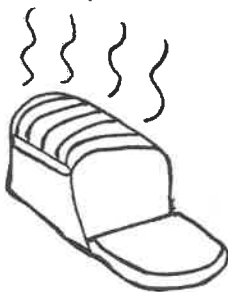
Ina Valliere, Lac Du Flambeau Ojibwe

## Ingredients

2 packages dry yeast  
1 cup lukewarm water  
1 teaspoon sugar  
1/2 cup sugar  
1/2 cup dry potato flakes  
3/4 teaspoon salt  
2 cups luke warm milk (dry or fluid milk)  
3 tablespoons shortening (melted and cooled)  
5 1/2 cups flour

## Directions

1. Mix yeast with water and 1 teaspoon sugar; let stand for about 15 minutes or until bubbled and foamy.
2. In a large bowl combine sugar, potato flakes and salt. Stir in milk and shortening.
3. Add one cup of flour and stir. Add the yeast mixture and stir well. Continue to add flour one cup at a time mixing well.
4. When dough becomes too hard to stir, begin to knead. Knead for about 5 minutes (adding a little flour if needed).
5. Grease top of dough and put in bowl and cover for about one hour.
6. Punch down and let rise for 15 minutes.
7. Grease 2 bread loaf pans and one 9 inch round pan.
8. Divide into 2 loaves and one 9 inch round pan for biscuits. Let rise until doubled in size. Bake at 350° F for 40-45 minutes.





# Fry Bread

Frank Shepard, Forest County Potawatomi

Yield: 28 pieces

## Ingredients

3/4 cup powdered  
milk  
3 tablespoons  
sugar  
8 teaspoons  
baking powder  
3 teaspoons salt  
3 cups warm  
water  
6 cups flour

## Directions

1. Mix dry ingredients except for flour. Add water.
2. Add flour one cup at a time. If sticky, you may need a little more flour.
3. Use one handful of dough for each piece of bread. Shape all dough and fry in oil.

(Nutrition information does not include frying bread in oil.)



Serving size:	1 piece fry bread
Calories per serving:	111
Carbohydrates:	23 gm
Fat:	0 gm
Dietary Fiber:	1 gm
Sodium:	265 m

# Zaasakokwaan

## (Fry Bread)

Reva Chapman  
Lac du Flambeau Ojibwe

Yield: 12 pieces



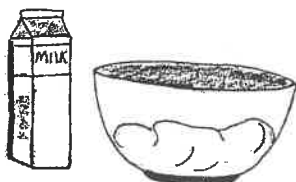
### Ingredients

- 2 1/2 cups all-purpose flour (sifted)
- 1 tablespoon melted shortening or oil
- 1 whole large egg
- 1 1/4 cups skim milk or water
- 1 1/2 teaspoons baking powder

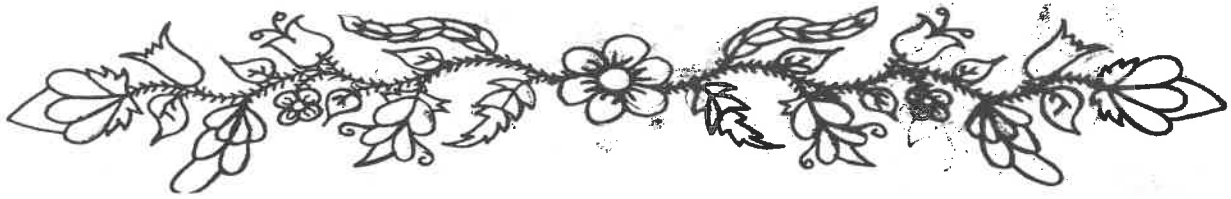
### Directions

1. Blend all ingredients. If needed and dough is sticky, gradually add flour until no longer sticky.
2. Roll dough into 3" balls and flatten. Cut two slits in the middle of the bread and pull apart so oil can penetrate the middle of the bread while frying.
3. Fill a large frying pan half full of oil. Fry until golden brown in color on both sides of bread.

(Nutrition information does not include frying bread in pan of oil.)



Serving size:	1 piece fry bread
Calories per serving:	112
Carbohydrates:	20 gm
Fat:	1.7 gm
Dietary Fiber:	0.5 gm
Sodium:	69 mg



## Indian Dumplings or “Raggedy Noodles”

Bernice Blackdeer, Ho-Chunk



### Ingredients

1 cup flour  
several drops of  
water

### Directions

1. In a small bowl, combine drops of water with flour, mixing with fingers until dough is crumbly in texture.
2. Add dumplings to any soup or broth for thickening or a dumpling-like texture.

## Lagilette (Fire Bread)

Celia Defoe, Lac du Flambeau Ojibwe



### Ingredients

4 cups flour  
3 teaspoons  
baking powder  
1 1/2 teaspoons  
sugar or sugar  
substitute  
1 teaspoon salt  
1 1/2 tablespoons  
shortening  
2 cups warm milk

### Directions

1. Mix all dry ingredients in a bowl.
2. Add shortening. Add milk a little at a time when mixing until it forms a nice dough and doesn't stick to the sides of the bowl.
3. Cover dough with a towel and let rest for 1/2 hour.
4. Place dough in an 8x8" pan forming a loaf and patting evenly. Cut indentations in loaf top 1/4 of the way through bread where you want bread to break off when finished baking.
5. Brush top with milk and bake at 375° F, until golden brown.

**Note:** Celia says the traditional way this bread was made was outdoors with an open fire made with hardwood. The pan was tilted so coals were behind and heat from the fire was in front of the pan for cooking. The bread was turned as necessary to prevent burning.

## Naenapun Bread

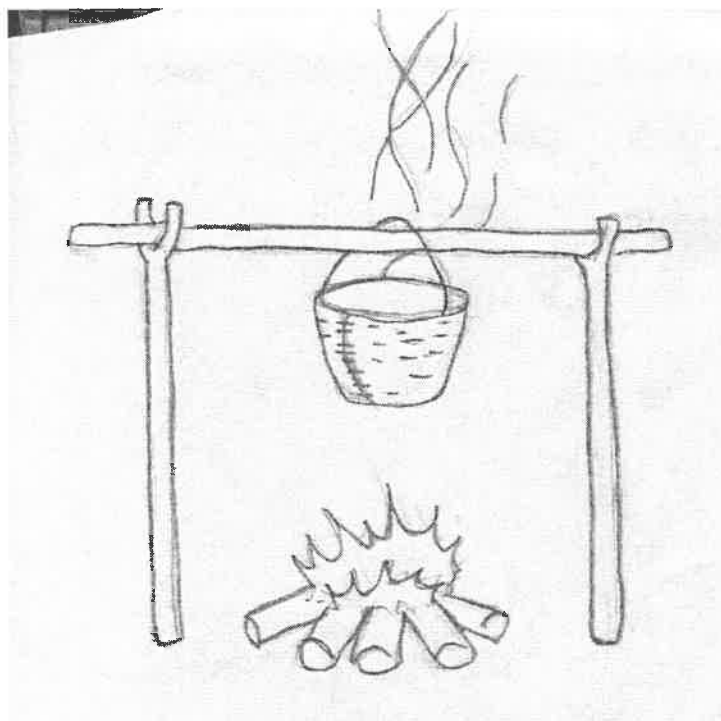
Arvilla Leroy, Menominee Stockbridge

### Ingredients

2-1/2 cups sifted  
flour  
2 teaspoons  
baking powder  
1-1/2 teaspoons  
salt  
1 tablespoon  
sugar  
(optional)  
2 cups water

### Directions

1. Preheat oven to 400° F. Mix all ingredients well.
2. Bake in 8 1/2 x 10 inch cake pan for 20 minutes.



# Sirella's Frybread

Sirella Ford, Bad River Ojibwe

## Ingredients

6-8 cups flour  
1 1/2 teaspoons  
salt (quarter  
size in palm of  
hand)  
1 1/4 cups sugar  
(two handfuls)  
2 eggs  
1/4 cup oil  
1/2 cup milk  
3-4 cups water  
(luke warm)  
2 packages dry  
yeast with  
1 cup lukewarm  
water (105- 115°F)

## Directions




1. Fill mixing bowl 1/2 full of flour, add salt and sugar, mix well. Make a well in the middle of the flour. Mix eggs, oil and milk.
2. In a separate bowl mix the yeast with hot tap water until the yeast is dissolved.
3. Add water to the flour, then add yeast mixture. Stir, make sure flour is wet, not watery. Add left over flour a little at a time.
4. Knead. Let rise until dough doubles in size. Punch down after it doubles. Fry.

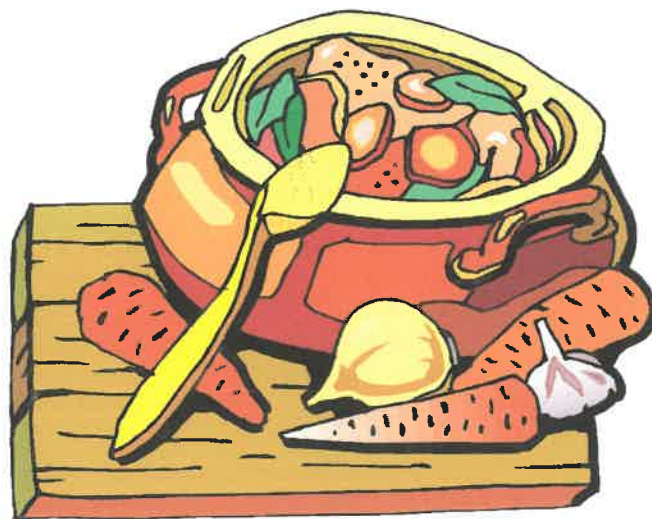


**HINTS:** These amounts are approximate. You may not use all the water or flour.



# Casseroles & Hotdishes

	Chicken & Wild Rice Hotdish .....	92
	Chop Suey .....	93
	Corn Casserole .....	94
	Gigi's Wild & Wonderful Casserole .....	95
	Judge Soulier's Wild Rice Casserole .....	96
	Venison Hotdish .....	97
	Wild Rice Casserole .....	98
	Wild Rice Hotdish .....	99
	Wild Rice Meatloaf .....	100
	Wild Rice Mush .....	101
	Wild Rice Tator-tot Casserole .....	102
	Wild Rice Venison Casserole .....	103





# Chicken and Wild Rice Hotdish

Eva Connor, St. Croix Ojibwa

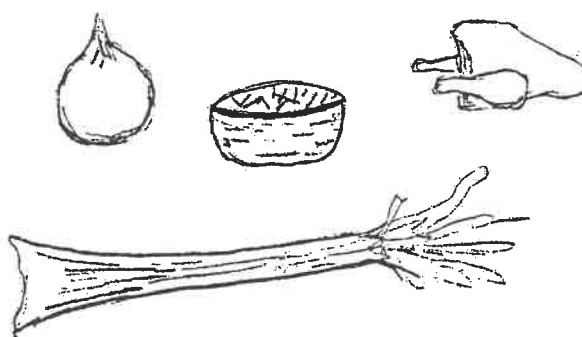
Yield: 6 servings

## Ingredients

1/2 cup chopped onions  
1/2 cup chopped celery  
2 tablespoons vegetable oil  
1 cup wild rice, washed and rinsed  
10 ounce can chicken noodle soup  
10 ounce can chicken broth  
1/2 cup water  
1 soup can full water  
6 (4 ounce) chicken breasts

## Directions

1. Preheat oven to 350 ° F. In a small skillet, sauté onions and celery in oil, until tender.
2. Combine wild rice, soups, water, and sautéed vegetables, pour over chicken in buttered baking dish.
3. Bake 1 hour.



Calories per serving:	401
Carbohydrates:	24 gm
Fat:	20 gm
Dietary Fiber:	3 gm
Sodium:	469 mg





# Chop Suey

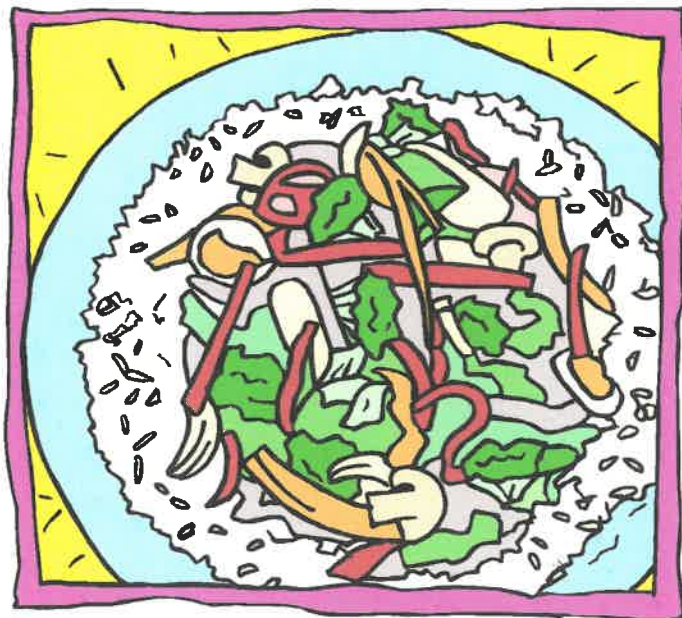
Myrtle Gordon, Red Cliff Ojibwe

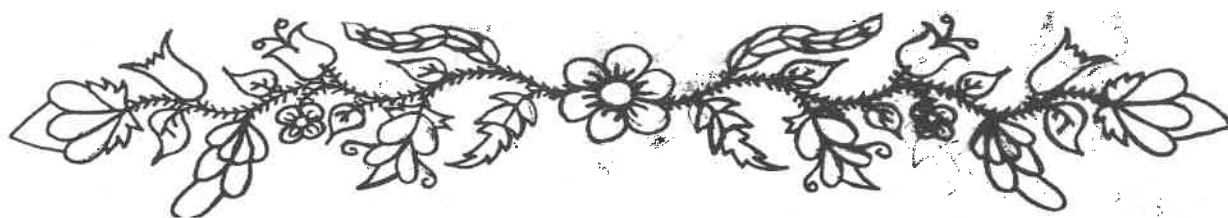
## Ingredients

1 cup cooked pork  
or 1 cup cooked  
beef  
1 cup chow mein  
vegetables  
little water  
1 pkg dry onion mix  
1 can mushroom soup  
cornstarch

## Directions

1. Mix all ingredients together.
2. Thicken with cornstarch.
3. Serve over steamed rice.





## Corn Casserole

Vera Denny, Ho-Chunk

### Ingredients

- 1 can (16 1/2 ounces) whole kernel corn, drained
- 1 can (16 1/2 ounces) cream style corn
- 8 1/2 ounce package Jiffy corn bread mix
- 2 eggs, slightly beaten
- 1/2 cup melted margarine
- 1 cup sour cream

### Directions

1. Preheat oven to 350° F.
2. In bowl, mix together all ingredients, adding sour cream last.
3. Pour into greased casserole dish. Bake 1 hour.



# Gigi's Wild & Wonderful Casserole

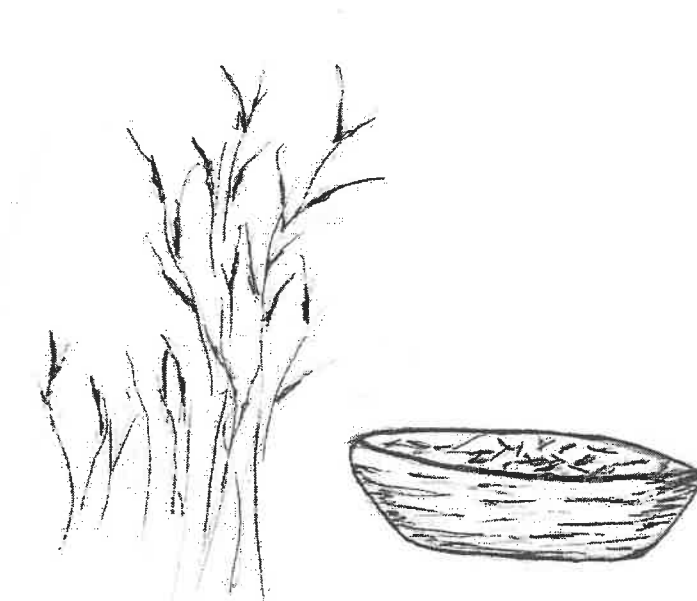
Gigi Cloud, Bad River Ojibwe

## Ingredients

- 1 pound meat  
(ground beef,  
pork or cubed  
venison)
- 3 cloves garlic
- 1 cup chopped  
onions or  
scallions
- 1 package  
mushrooms  
(fresh)
- 2 cups cooked  
wild rice
- 1 can cream of  
mushroom  
soup
- 1 can milk

## Directions

1. Preheat oven to 350° F.
2. Brown meat. Add garlic, onions and mushrooms. Sauté together for about 10 minutes. Drain.
3. Add wild rice, can cream of mushroom soup and milk. Mix well in 9 x 13-inch casserole pan.
4. Bake for 30-40 minutes or until liquid is absorbed.



# Judge Soulier's Wild Rice Casserole

Ervin Soulier, Bad River Ojibwe



## Ingredients

2 cups Bad River  
wild rice  
7-8 cups water  
2 pounds ground  
beef or venison  
1 can cream  
mushroom  
soup  
1 can cream  
celery  
soup  
1 can sliced  
mushrooms,  
drained  
2 cans sliced  
water  
chestnuts,  
drained

## Directions

*Stove-top directions:* Rinse rice. Bring rice and water to a boil in a large kettle, simmer over medium heat. When rice is cooking, brown the ground meat and drain off fat. When the rice is just about finished, remove from heat, mix all of the remaining ingredients in with the rice. Stir well, cover, and let thicken for 15-20 minutes. Eat and enjoy!!

*Oven directions:* Instead of letting the mixture thicken on the stove, bake in oven for about 30 minutes.

*Optional ingredients:* onion, fresh mushrooms, fresh celery, beef soup base, etc...

# Venison Hotdish

Pete McGeshick, Mole Lake Sokaogon

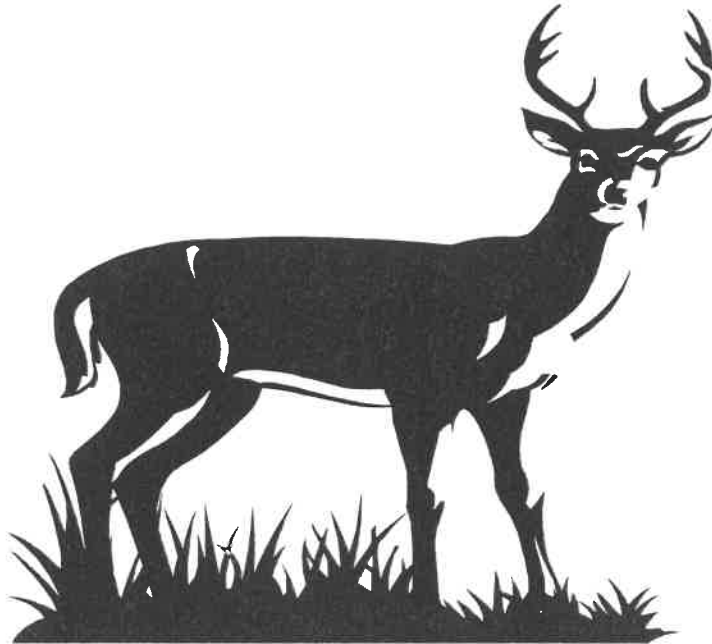
## Ingredients

5 - 8 pounds  
sliced  
venison  
2 sliced peppers  
2 sliced onions  
cornstarch to  
thicken

## Directions

1. Add all ingredients to a roaster or slow cooker. Cover and cook on medium for 5 - 6 hours, or until tender.
2. Thicken with cornstarch.

**SUGGESTIONS:** Serve with rice or noodles.



# Wild Rice Casserole

Terry Dalton, Mole Lake Sokaogon

Yield: 6-8 servings

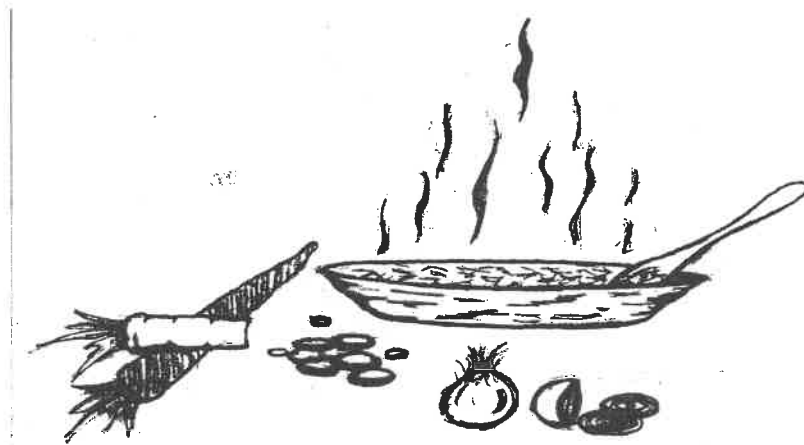
## Ingredients

1/2 pound wild  
rice, washed  
and cleaned,  
soaked in  
water overnight  
2 cups carrots  
2 cups peas  
1 cup chopped  
onion  
2 cups sliced  
potatoes  
4-5 slices bacon or  
side pork, cut  
thin

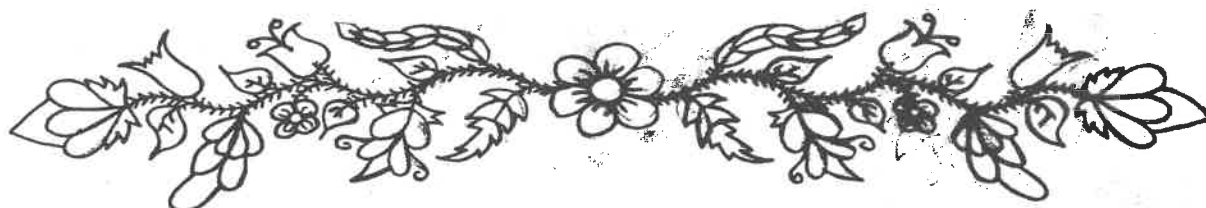
## Directions

1. Soak wild rice in water overnight.  
Preheat oven to 325° F.
2. Combine all ingredients into baking dish  
with enough water to cover.
3. Bake for 45 minutes to one hour, until  
tender.

We-sin-in



Calories per serving:	128
Carbohydrates:	18 gm
Fat:	4 gm
Dietary Fiber:	5 gm
Sodium:	342 mg



## Wild Rice Hotdish

Marion Reynolds, St. Croix Ojibwa

Yield: 6 servings

### Ingredients

1 pound wild rice  
2 - 10 ounce cans  
mushroom  
soup  
1 pound ground  
beef, browned  
and drained  
1 teaspoon salt  
1/8 teaspoon  
black pepper

### Directions

1. Rinse wild rice 4-5 times in cold water. Soak 1/2 hour in enough water to cover rice. Boil or simmer 15 minutes, in water to cover.
2. Stir in other ingredients.
3. Put into oiled casserole dish. Bake at 350° F for 1 hour.

Enjoy!

Calories per serving:	551
Carbohydrates:	61 gm
Fat:	20 gm
Dietary Fiber:	5 gm
Sodium:	1254 mg



# Manoomin - Weyaas Anooji

## (Wild Rice Meatloaf)

Lac Courte Oreilles Community

### Ingredients

4 cups boiled  
wild rice  
1 pound ground  
beef  
1 cup bread  
crumbs  
1 onion finely  
chopped  
3 tablespoons fat  
1 teaspoon sage  
2 eggs  
1/2 cup flour  
salt and pepper to  
taste

### Directions

1. Preheat oven to 350° F.
2. Mix all ingredients together and shape into loaf and bake in loaf pan for 1 1/2 hours.





# Wild Mush

Theresa Kramer-Belisle, Odanah

## Ingredients

2 cups wild rice  
1 lb of hamburger  
1 can corn  
1 can carrots  
1/2 cup zucchini  
1 can peas  
1 can green beans  
1 family size can cream  
of mushroom soup  
1 family size can cream  
of chicken soup  
4 cups instant potatoes

## Directions

1. Boil about 6 cups of water, then add the raw hamburger.
2. Bring to a boil and add raw wild rice, bring to a second boil and simmer, covered for 15-20 minutes.
3. Put all vegetables in baking dish with hamburger and wild rice, mix the cream of mushroom soup and cream of chicken soup together with the mush.
4. Boil water for the instant potatoes.
5. When done, put potatoes on top of the hotdish and cook at 350 degrees until slightly brown.



# Anishinaabe Manoomin Dagonigaadeg

## (Wild Rice Tator-Tot Casserole)

Marla Eades, Lac du Flambeau



### Ingredients

2 pounds venison burger  
1 chopped medium onion  
1 1/2 cups sliced fresh mushroom  
5 cups plain cooked wild rice  
4 cups fresh cooked green beans or 1 can french style green beans  
1 can cream of mushroom soup  
1 can milk  
1 bag of tator tots, cooked

### Directions

1. Brown your venison burger with the onion and mushrooms.
2. Cook your wild rice first, before putting it in casserole.
3. Mix burger, wild rice and green bean together in casserole pan.
4. In another bowl, mix your cream of mushroom soup with one can of milk to make it nice and creamy. Then you pour the soup over the casserole and give it a little mix.
5. After that, you have to cook your tator tots until golden brown, then you use half the tator tots and mix it into the casserole and the other half spread it around on top.
6. Bake at 375° F for 1 hour or until it turns golden brown.



## WILD RICE VENISON CASSEROLE

From Sparta Herald and compiled by  
Dan Hornet, Odanah

Dredge in flour, 1 pound venison steak, cubed. Brown it in 3  
tbsp bacon fat with one cup chopped onions.

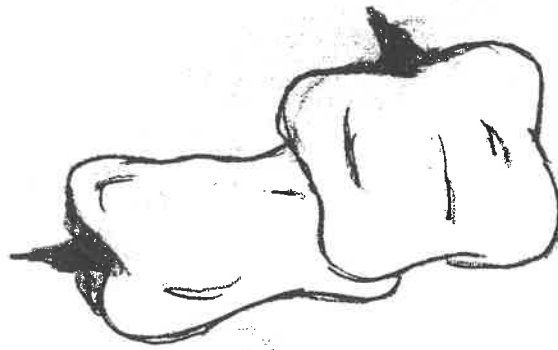
Add venison in a 3 quart casserole dish with the following:

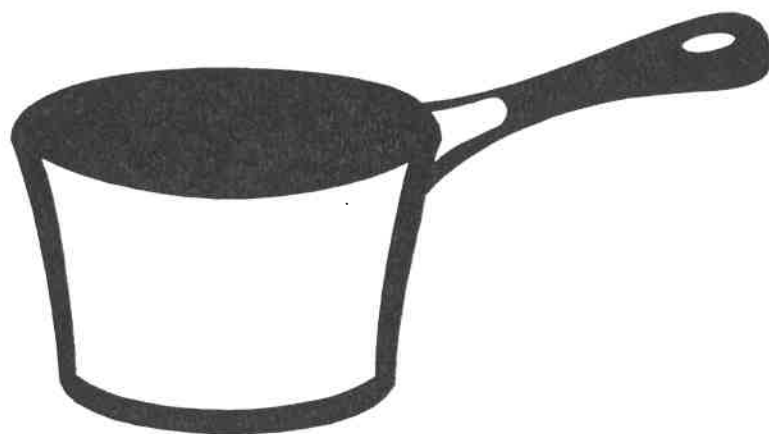
1 clove garlic, minced	2 cups canned chopped tomatoes (rinse with 1/2 cup water)
1/2 cup chopped green pepper	
1/2 tsp pepper	1 1/2 tsp salt (lawry's seasoning is good)
1/2 tsp chili powder	

Parboil 3/4 cup wild rice in 1 1/2 -2 cups boiling water until  
almost tender.

Drain and add to the above mixture. Bake at 350 for 1 hour.

Optional: Last 15 minutes of baking, top with 1/2 cup  
shredded cheddar cheese.





# Wild Game Birds

Roast Partridges	.....	106
Roast Duck with Wild Rice Stuffing	.....	107





## Partridges

Mrs. Mabel Dickie, Menominee

Wash birds well in baking soda water, rinse and dry. Bread stuffing may be used in place of 1/2 small onion in each. Tie legs and wings to body. Place thin slices of salt pork over breast and season with salt and pepper. Bake in oven, baste with drippings occasionally.

(See page 55 for instructions on cleaning a partridge.)





## Roast Wild Duck with Wild Rice Stuffing

Mrs. Mabel Dickie, Menominee

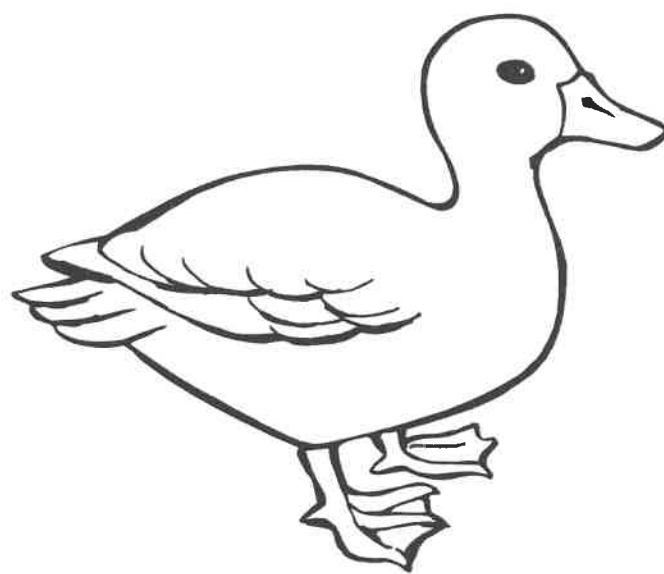
Pick and clean wild duck. Rinse well. Rub inside with salt and pepper. Fill duck with stuffing (recipe to follow). Sew up and tie legs and wings close to body. Mix 4 tablespoons of lard and 1 cup of hot water. Pour part of liquid over ducks, cover and bake in hot oven 350° F. Bake until almost done, remove cover and brown.

### Stuffing: Wild Rice

Make stuffing of 1 cup cooked wild rice, diced onions and a little salt pork grease. Stuff birds or use a raw potato in each bird if stuffing is not desired.



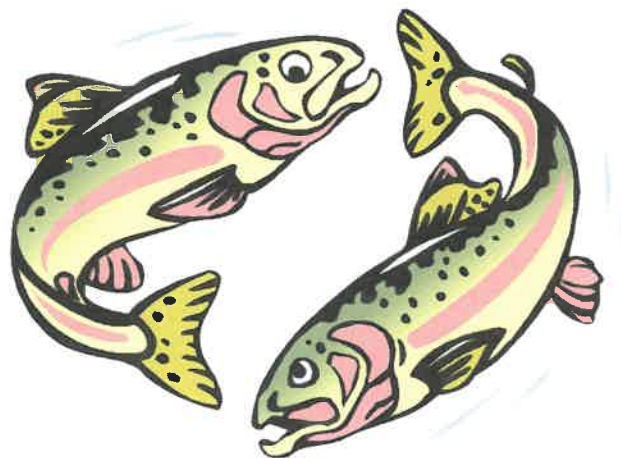




# Fish



Baked Walleye Fillets .....	110
Baked Trout .....	111
Baked Whitefish or Trout .....	112
Beer Baked Fish .....	113
Canned Smoked Whitefish, Trout.....	114
Fresh Fish Cakes .....	115
Fried Walleye .....	116
Potato Puff Fish .....	117
Walleye Eggs .....	118



# Gibozi Ogaa

## (Baked Walleye Fillets)

Joe Chosa, Lac du Flambeau Ojibwe

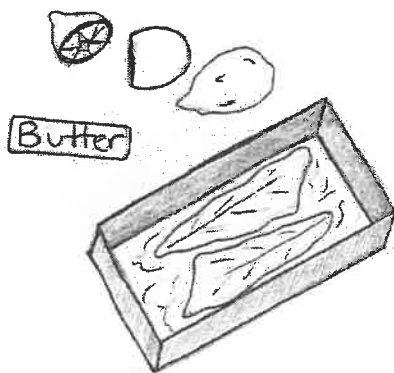
Yield: 4 servings

### Ingredients

4 walleye fillets  
4 teaspoons  
melted butter  
4 teaspoons  
lemon juice  
1/3 teaspoon salt

### Directions

1. Preheat oven to 350° F. In a jellyroll pan, put walleye fillets side-by-side.
2. Add enough water to just cover the bottom of the pan.
3. Brush each fillet with melted butter and lemon juice, and sprinkle lightly with salt.
4. Bake until fish is milky white, basting periodically with butter and lemon juice.



Serving size:	1 Fillet
Calories per serving:	175
Carbohydrates:	0.5 gm
Fat:	5.4 gm
Dietary Fiber:	0 gm
Sodium:	405 mg

# Gibozi Namegos (Baked Trout)

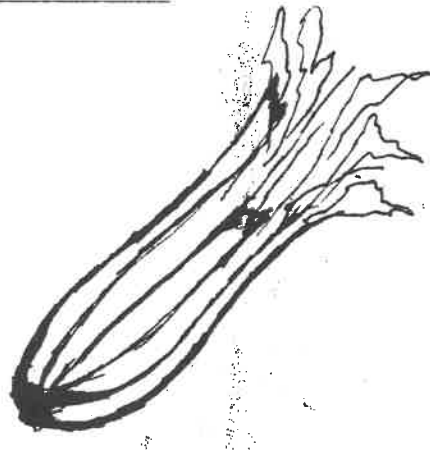
Lac Courte Oreilles Community

## Ingredients

4 pounds trout  
salt and pepper to  
taste  
1/2 cup chopped  
onion  
1/2 cup chopped  
celery  
1/2 cup chopped  
carrots  
1/4 cup chopped  
water chestnuts  
1/2 cup  
margarine  
1 cup bread cubes  
2 tablespoons  
cream  
1 tablespoon  
parsley  
1/2 teaspoon fine  
herbs  
1/4 teaspoon salt  
3 tablespoons  
lemon juice  
1/4 cup  
margarine

## Directions

1. Rub fish with salt and pepper.
2. In a skillet cook the chopped onion, celery, carrots, water chestnuts and margarine until tender.
3. Stir in bread cubes, cream, parsley, herbs and salt. Stuff fish and place in a greased dish.
4. In a 400° F oven, bake fish until meat flakes, about 35-45 minutes.
5. Baste frequently with a mixture of lemon juice and margarine.





## Baked Whitefish or Trout

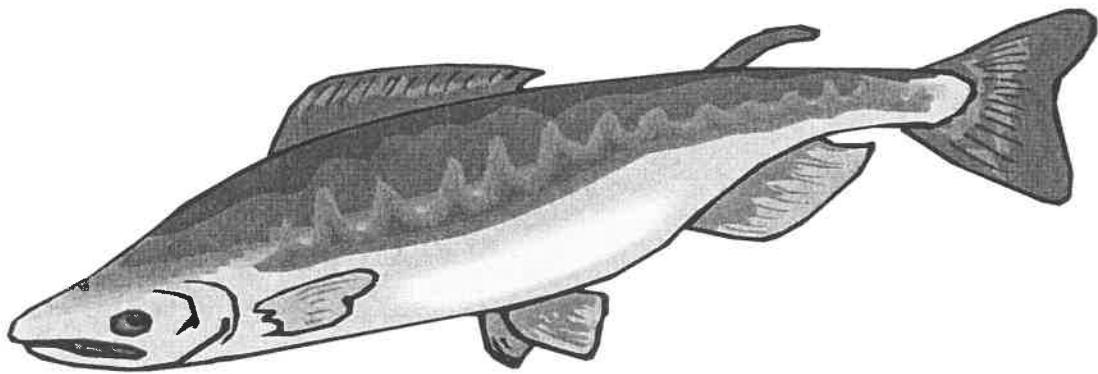
Veronica "Babe" Newago, Red Cliff Ojibwe

### Ingredients

2 fillets, whitefish  
or trout  
1 onion sliced  
butter or margarine  
salt and pepper  
lemon pepper  
seasoning (optional)

### Directions

1. Get a piece of aluminum foil, big enough to wrap 2 fillets.
2. Place fillets, onions, salt, pepper, and butter on the foil and wrap.
3. Cook the whitefish for about 45 minutes at 350, and cook the trout for about 60 minutes at 350.





## Beer Baked Fish

Vivian Robertson, Stone Lake, WI

### Ingredients

3 to 5 lb fish  
1 lemon, sliced thin  
1 sweet onion, sliced  
thin  
butter  
salt  
pepper  
1/4 cup beer



### Directions

1. Clean fish, make 3 or 5 slashes across fish and rub butter into the slashes.
2. Rub the cavity with butter, salt and pepper.
3. Stuff the fish with 1/2 of the sliced lemon and onion.
4. Lay out a large piece of foil, spread the foil with the onion and lemon about the same size as the fish. Lay the fish on foil and then place the remaining onion and lemon on top of the fish.
5. Seal tightly in a foil pouch, leaving a small opening at the head. Pour beer into the opening and seal.
6. Bake for 45 minutes to 1 hour at 325 degrees and serve with rice.



## Canned Smoked Whitefish or Trout

Geraldine "Jigs" Nelis, Odanah

Just use the fish meat, the skin should be peeled off and discarded. I pack chunks of the smoked fish into small jelly/jam jars, but any size canning jars will work depending on the amount of smoked fish you have.

Make sure the canning jars are sterilized.

Wipe the jar rim with a clean damp cloth, place the lid on and tighten by hand. Place the jars into a pressure cooker and add the recommended amount of water, which is probably a quart of water (large pressure cooker). Lock the lid into place and process at 10 lbs. Pressure for about 90 minutes.



# Gigoo Zaasakokwaanuc Waaweyayug

## (Fresh Fish Cakes)

Lac Courte Oreilles Community

### Ingredients

2 slices bread,  
broken in  
pieces  
1 cup milk  
3 cups flaked  
cooked fish  
1 egg  
1/2 teaspoon salt  
1/4 teaspoon  
pepper  
1/4 teaspoon  
parsley  
1/4 teaspoon  
nutmeg  
butter, fat or oil  
for frying

### Directions

1. Soak the bread in the milk and then squeeze out the excess.
2. Mix with remaining ingredients and form into cakes; fry until golden brown.





# Fried Walleye

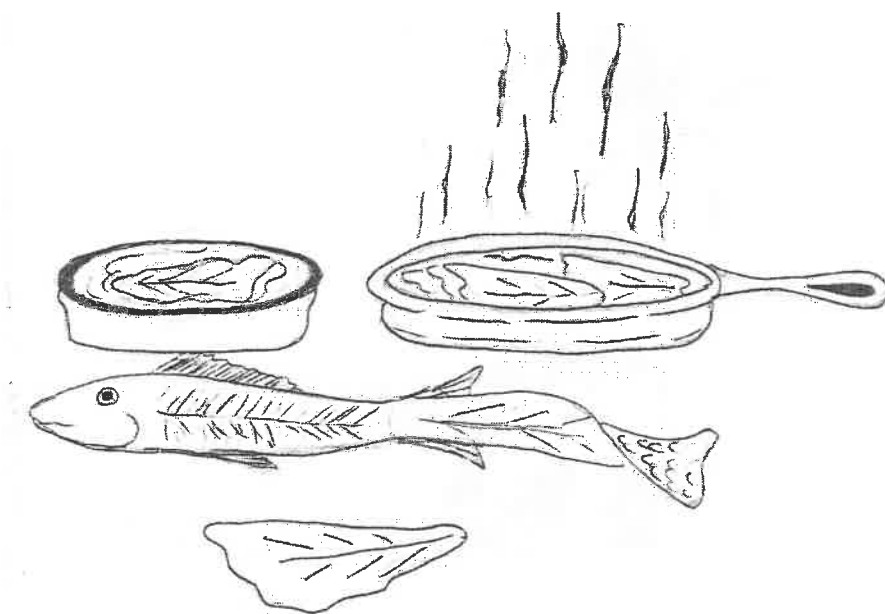
Arvilla Leroy, Menominee Stockbridge

## Ingredients

1 cup Bisquick or  
biscuit mix  
1 teaspoon  
paprika  
1/2 teaspoon  
pepper  
3-6 pounds  
walleye  
2 1/2 cups  
vegetable oil

## Directions

1. Combine Bisquick, paprika and pepper.
2. Coat each walleye with dry mixture. Fry in oil until golden brown.
3. Serve hot.





## Potato Puff Fish

Vivian Robertson, Stone Lake, WI

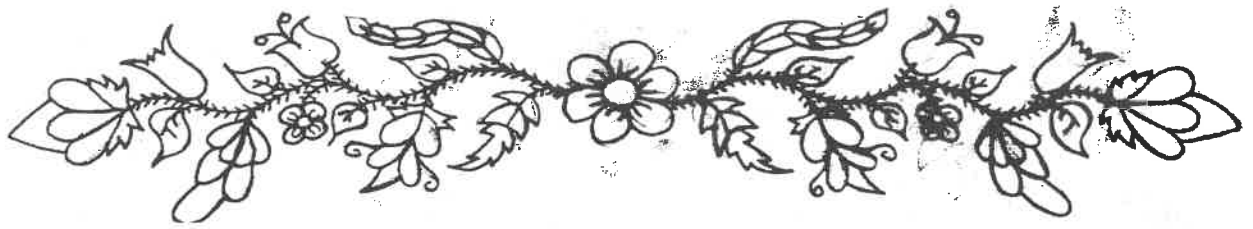
### Ingredients

1 lb fish fillets  
1 egg, beaten  
2 tbsp water  
 $\frac{3}{4}$  cup instant  
potato flakes  
vegetable oil  
 $\frac{1}{4}$  tsp salt and  
pepper

### Directions

1. Cut each fillet into 4 serving size pieces.
2. Combine egg and water. In a separate bowl, combine potato flakes, salt and pepper.
4. Dip fish into egg mixture, roll in the potato flakes. Deep fry, about 375 degrees for 3 to 5 minutes or til golden brown.
5. Drain on paper towel. Keep warm in 325 degree oven until all fish is done.





## Ogaa Waawanoon

### (Walleye Eggs)

Ina Valliere, Lac du Flambeau Ojibwe




Carefully fillet walleye so that egg sack does not rupture. Lightly spray eggs with water to remove blood and guts.

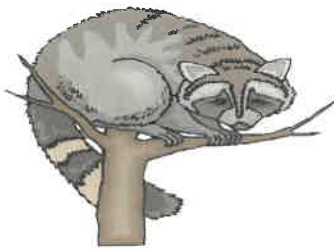
Coat egg sacks in mixture of flour and seasonings of your choice.

Preheat enough oil to cover bottom of pan.  
Carefully put eggs in pan on low heat and cover.  
Fry on each side until golden brown.



# Game Animals And Other Animals

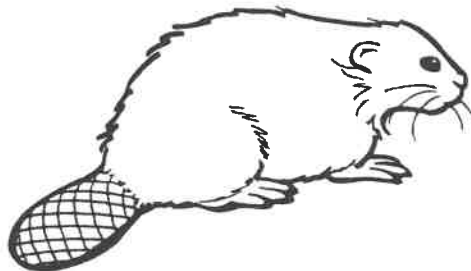
	Baked Beaver	.....	120
	Baked Muskrat	.....	121
	Baked Raccoon	.....	122
	Canned Chicken/Frozen Chicken Dish.....		123
	Fried Squirrels	.....	124
	Fried Wild Rabbit	.....	125
	Hunter Style Rabbit	.....	126
	Oven Fried Chicken	.....	127
	Porcupine	.....	128
	Pork Patties	.....	129
	Rabbit	.....	130
	Raccoon	.....	131
	Roast Coon	.....	132
	Roasted Raccoon with Dressing	.....	133
	Wild Bear Steak	.....	134



## Baked Beaver

Mrs. Catherine Hawpetoss, Menominee

Cut meat into serving pieces, parboil in baking soda. Wash thoroughly. Roll in flour, fry until brown. Put in roaster with aluminum foil. Add two bay leaves, four apples, four carrots and four potatoes. Also add fried onion. Pour one can brown beef gravy over all. Bake in moderate oven. Be sure and use aluminum foil and cover until almost done, then uncover and allow to brown.



# Gibozi Waazhusk

## (Baked Muskrat)

Lac Courte Oreilles Community

### Ingredients

1 muskrat  
1 medium size  
onion-sliced  
salt  
3 strips bacon  
1/2 cup water

### Directions

Clean\* and parboil muskrat for 1/2 hour.  
Place onion slices on top, salt lightly, cover  
with bacon strips. Add water and bake in  
open pan for 30 minutes at 350° F.



\* To clean muskrat you must remove glands. They are small, black and pea like. They are located under arms, in neck, between hind legs and paws. Inspect meat and be sure they are all removed or the meat will taste bitter.

## Baked Raccoon

Lucy Cuish, Stockbridge-Munsee  
Yield: 4 servings



### Ingredients

1-2 pound raccoon  
water to fill pan  
1 bay leaf  
1 teaspoon salt  
1 teaspoon black  
pepper  
1 apple  
2 strips salt pork

### Directions

1. Trim off all fat and remove kernels (glands) from the raccoon. (See page 131 for further directions.)
2. Place raccoon in roasting pan, fill half full of water. Add bay leaf. Cover pan and parboil about 30 minutes.
3. Preheat oven to 325° F.
4. Remove raccoon and save the broth. Rub salt and pepper on raccoon, using a little more pepper than usual.
5. Cut apple in half and place inside raccoon. Pin salt pork on the outside with toothpicks, in such a manner that the fats will flow over meat.
6. Bake for about 1 1/2 hours; until golden brown and tender.
7. Baste occasionally with some of the broth and pork fat which has been added to the roaster.



## Can Chicken/Frozen Chicken Dish

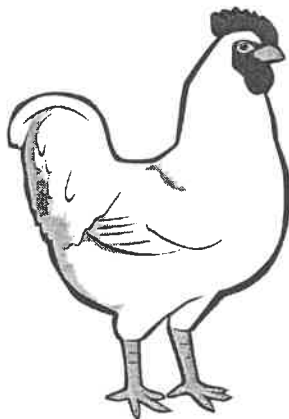
Wendy Fletcher

Boil frozen chicken until completely cooked. Remove the chicken from the broth and set aside to cool.

Noodles – 2 eggs per 1 cup of flour, 1 tsp salt. Mix together and roll out on a table, let sit for 1 or 2 hours. Fold and cut into noodles (1/2 inch wide).

Add one bag of carrots, 1 large onion to broth and boil until vegetables are tender. Add the chicken and noodles. Cook over medium heat for about 45 minutes or until the noodles are done.

**Note:** If using can chicken, you don't need to boil the chicken first.





## Fried Squirrels

Mrs. Alma Delabreau, Menominee

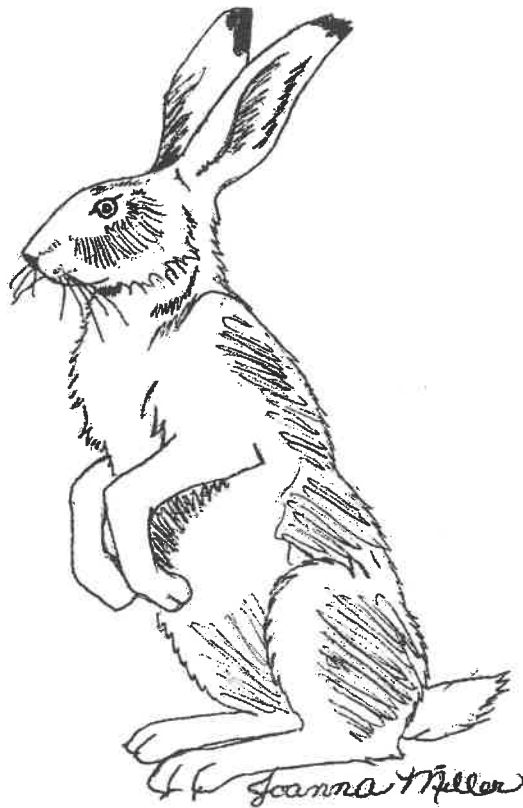
Wash and clean 2-3 squirrels. Put in pressure cooker with water and onions (3-4). The cooker should be half full. Close tight. Cook for 1/2 hour. (Follow directions on your particular pressure cooker). Remove from cooker and brown in cooking oil.



## Fried Wild Rabbit

Mrs. Mabel Dickie, Menominee

Clean and wash rabbit thoroughly. Put into boiling water to which salt and onions have been added. Boil 10 minutes. Remove and drain. Season with salt and pepper and fry until brown. Remove rabbit and thicken drippings with a spoonful of flour, add water and let simmer a few minutes. Serve with rabbit.



## Hunter Style Rabbit

Christina Sipla and Tom King, Ho-Chunk

### Ingredients

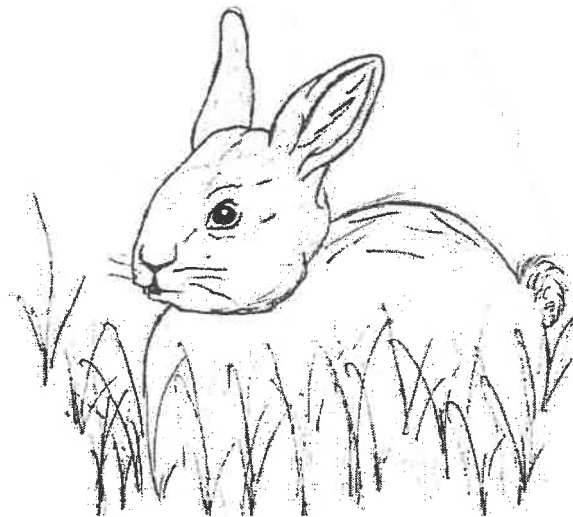
2 cleaned rabbits  
1-2 teaspoons oil  
1 1/2 large onions,  
chopped  
1 1/2 cups tomato  
juice  
1/2 cup red wine,  
broth, or water  
salt and pepper to  
taste

### Directions

1. Preheat oven to 350° F. Brown meat in oil.
2. Place meat in a roasting pan with the onions and tomato juice, and wine, water, or broth.
3. Roast for one hour or until tender.

**SERVING IDEAS:** Serve with steamed carrots and baked potatoes. Roast potatoes in oven with meat for last 45 minutes of cooking.

**VARIATION:** May use 3 squirrels in place of rabbits.





## Oven Fried Chicken

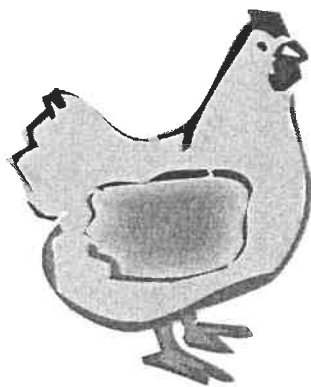
Mary Duffy, Red Cliff, Ojibwe

### Ingredients

- 1 whole chicken, cut up in pieces
- 1 cup flour
- 1 tbsp parmesan cheese
- 1 tsp salt
- 1 tsp pepper
- 2 tbsp instant potato flakes
- 1 tsp natural seasoning

### Directions

1. Mix together all ingredients except chicken.
2. Coat a cookie sheet with low fat oil.
3. Coat chicken with the flour mixture.
4. Put chicken on the cookie sheet and bake at 350 degrees for 1 hour, turning chicken over once during that hour.



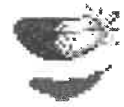
## Porcupine

Mrs. Iva Basina, Menominee

Soak dressed and well cleaned porcupine in salt water overnight. Rinse and boil 20 minutes in water to which 1 teaspoon baking soda has been added. Drain, put in fresh water with onion and boil 10 minutes.

Remove from kettle. Porcupine may be cut up to be fried or roasted in oven with strips of bacon and onions, salt and pepper to taste. Add a little water from time to time to keep from drying out. Keep covered and roast until brown and tender.





## Pork Patties

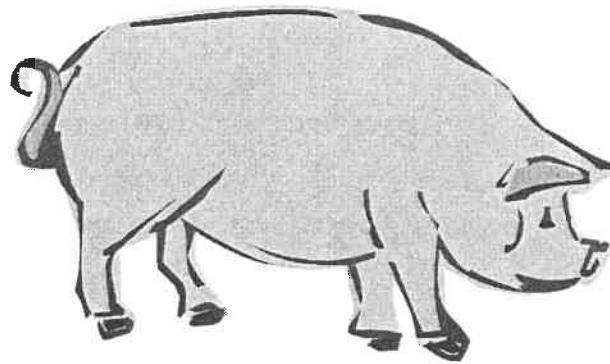
Myrtle Gordon, Red Cliff Ojibwe

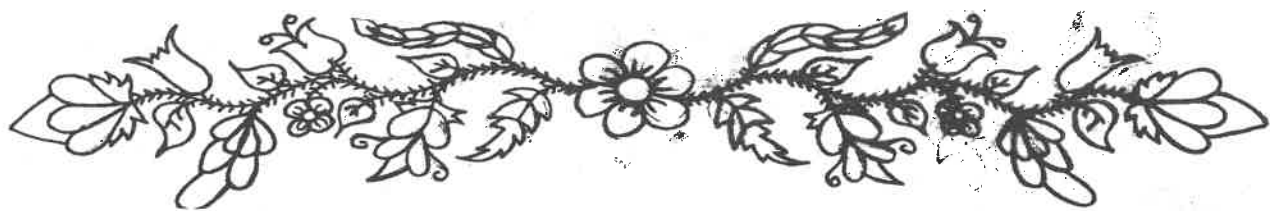
### Ingredients

1 cup pork  
1 pkg dry onion mix  
1 cup dry potato flakes  
1 egg

### Directions

1. Mix all the ingredients together.
2. Make into patties and then fry.





## Rabbit

Christina Sipla and Tom King, Ho-Chunk

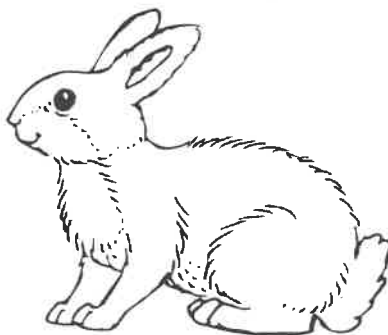
### Ingredients

2 cleaned rabbits  
1-2 teaspoons oil  
1 1/2 large onions,  
chopped  
3-4 medium to  
large potatoes,  
sliced  
8 carrots, cut up  
1 1/2 cups water

### Directions

1. Preheat oven to 350° F. Brown rabbit in frying pan, with a small amount of oil.
2. Place meat in a roasting pan with onions, potatoes, carrots, and water. Salt and pepper to taste.
3. Roast for one hour or until tender.

VARIATION: May use 3 squirrels in place of rabbits.



# Raccoon

Christina Sipla and Tom King, Ho-Chunk

## Ingredients

- 1 medium to large raccoon
- 1 1/2 teaspoons pickling spice



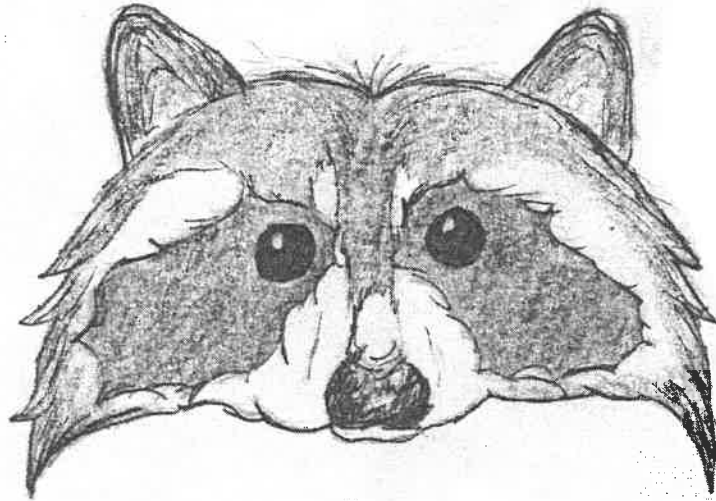
## Directions

1. Skin raccoon.
2. To clean raccoon you must remove glands. They are small, black and pea like. They are located under arms, in neck, between hind legs and paws. Inspect meat and be sure they are all removed or the meat will taste bitter.
3. Preheat oven to 350° F.
4. Rub pickling spice on or inside raccoon, whichever is preferred. Rubbing on meat will give a stronger taste.
5. Place raccoon in roasting pan with a small amount of water.
6. Bake raccoon for 1 to 1 1/2 hours or until tender.



## Roast Coon

Mrs. Mabel Dickie, Menominee



After coon has been dressed, wash well and soak in salt water and baking soda over night. Wash and parboil in salt water until tender. Put in roasting pan, smother with onions, add 1/2 cup water and salt pork grease. Season with salt and pepper. Bake in hot oven until brown.

# Roast Raccoon with Dressing

Lucy Cuish, Stockbridge-Munsee

Yield: 6 servings

## Ingredients

1-2 raccoons  
water to fill pan  
1 cup red wine  
vinegar  
1 tablespoon salt  
1 teaspoon  
pepper  
1/2 teaspoon  
ground basil  
1 cup chopped  
onion  
1 cup chopped  
celery  
  
1/4 cup butter  
6 oz package  
prepared  
poultry  
dressing  
2 strips salt pork,  
sliced thin

## Directions

1. Remove fat and kernels (glands) from the raccoon. (Directions on page 131) Place the raccoon on a rack in a large roasting pan.
2. Fill roasting pan half full of water. Add remaining ingredients: vinegar, salt, pepper and sweet basil. Parboil for about 30-45 minutes (in oven or stove). This will tenderize the toughest raccoon.
3. While raccoon is cooking, sauté onion and celery in butter until tender. Thoroughly mix with prepared poultry dressing.
4. Place the stuffing inside the cavity of the raccoons, as you would poultry. Place salt pork on the outside in such a manner that the fat flows over the meat.
5. Bake at 325° F for 2-2 1/2 hours, until brown and tender.

Calories per serving:	732
Carbohydrates:	41 gm
Fat:	37 gm
Dietary Fiber:	1.5 gm
Sodium:	2204 mg

# Makwaa Weyaas

## (Wild Bear Steak)

Lac Courte Oreilles Community

### Ingredients

marinade\*  
2 bear steaks,  
1-1/2 to 2 inches  
thick  
1/2 cup butter  
1/4 cup chopped  
chives  
1 tablespoon  
dijon mustard  
3 tablespoons  
tomato paste  
1 teaspoon  
worcestershire  
sauce  
1 clove garlic,  
minced  
salt  
fresh ground  
pepper

### Directions

1. To make the marinade, sauté onion, carrots and celery in the oil until tender. Add remaining ingredients and simmer for 20 minutes.
2. Trim fat from steaks. Place in bowl and pour cooled marinade over meat. Refrigerate for 2 days, turning meat several times. Drain and pat dry.
3. Place butter in saucepan and melt over low heat. Add remaining ingredients and stir until well blended.
4. Broil steaks, basting constantly with butter and chive mixture, until done.
5. Serve steaks on a plank, surrounded by mashed potatoes, corn niblets and tomato halves.

## Con't.

### \*Marinade:

1 medium onion,  
chopped

3 carrots,  
chopped

1 rib celery,  
chopped

1/3 cup vegetable  
oil

3 cups beef  
bouillon

1 cup vinegar

8 black  
peppercorns

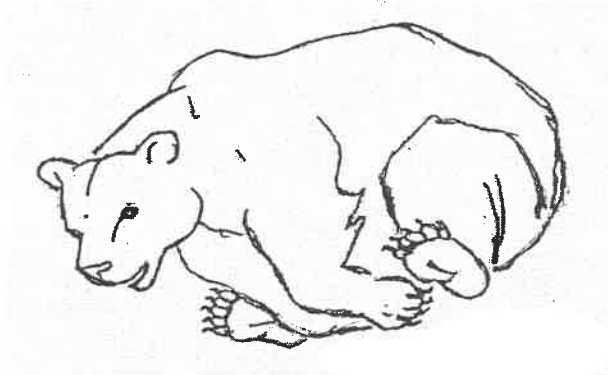
1 whole clove

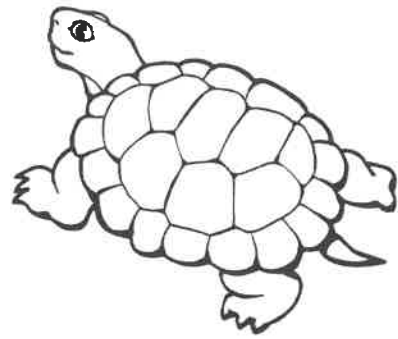
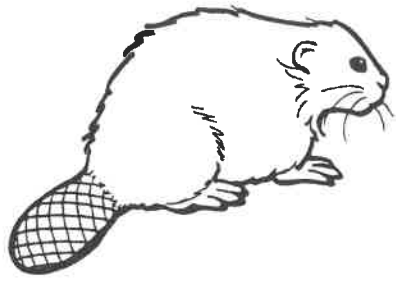
1 large bay leaf

1/2 teaspoon  
thyme






1 teaspoon  
marjoram

1 teaspoon salt





# Venison

	Canned Venison	.....	138
	Canned Venison/Green Peppers	.....	138
	Fresh Venison	.....	139
	Grilled Venison Tenderloins	.....	140
	Jerky Venison	.....	141
	Saucy Venison Meatballs	.....	142
	Venison in Barbecue Sauce	.....	143
	Venison Pasties	.....	144
	Venison Steak Temptation	.....	146



## Canned Venison

Ruth Holmes, St. Croix Ojibwa

Cut up venison and brown in oven until red is out. Add a little salt. Pack into clean, sterilized jars. Pressure can 50 minutes. I can 50 quarts per year so we can have winter meats. Then when I open a jar, I drain off the liquid and make gravy using flour and water. Add the meat to the gravy, a little onion and garlic. My family loves it.

NOTE: Ruth and Joe Holmes Sr. and family harvest and sell wild rice in Danbury. Their rice cooks up fast and is delicious.



## Canned Venison/Green Peppers

Geraldine "Jigs" Nelis, Odanah

Place sliced or chunk venison into a Nesco or roaster, add water to cover meat, add salt/pepper and 1/2 or a whole bottle of Kitchen Bouquet. Cook until tender, if you have large pieces of meat, take out and slice smaller. Add 10 to 12 sliced green peppers.

Have your sterilized canning jars/lids ready. Put the venison meat and peppers into the jars and pack the meat down using a wooden spoon, until filled; add some of the hot liquid from the roaster to cover the meat within 1/2 inch from the top of the jar. Wipe the jar rims with a clean damp cloth, place the lids on and tighten by hand. Place the jars into the pressure cooker and process at 10 lbs. Pressure for 90 minutes.

I usually can one and/or two deer, using different recipes, when I can.

## Fresh Venison

Ruth Holmes, St. Croix Ojibwa

Yield: 10 servings

### Ingredients

3 pounds venison  
steak  
1/2 cup flour  
1 teaspoon salt  
1/4 teaspoon  
pepper  
1 teaspoon oil  
1 cup water or  
additional  
may be added if  
meat becomes  
dry

### Directions

1. Preheat oven to 350° F.
2. I like to cut meat like steak. The tenderloin along the back is very tender. Dip in flour, salt, and pepper.
3. Brown in frying pan with a little bit of oil, just enough to prevent sticking. Brown on both sides.
4. Put into cast iron Dutch oven pan. Add a little bit of water. Bake one hour, or until tender.

**SERVING SUGGESTIONS:** My family likes this with gravy, thickened with flour and water. Also with wild rice or potatoes, cranberry sauce and fry bread. The family can just smell the cooking and they come on over.



Calories per serving:	241
Carbohydrates:	5 gm
Fat:	5 gm
Dietary Fiber:	0 gm
Sodium:	307 mg





## Grilled Venison Tenderloins

Vance Persall

Wash and trim the tenderloins well.

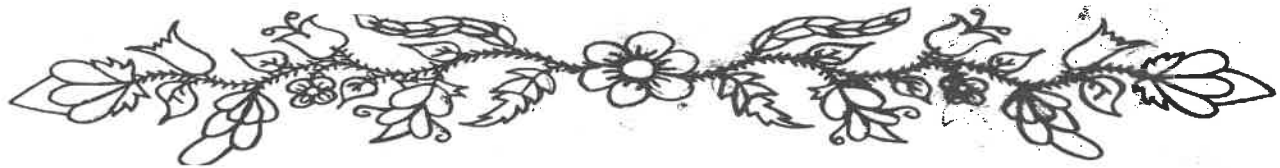
Rub with white pepper, garlic and salt.

Make a sauce of commercial barbeque sauce, honey and lemon pepper seasoning and marinate the tenderloins.

Roll the tenderloins up in foil and place it on the back of the grill.

Cook slowly at a low flame.





## Jerky Venison

Joe Miller, Stockbridge-Munsee



### Ingredients

1 pound venison  
(hind quarter)  
partially frozen  
1/2 cup soy sauce  
1/4 cup  
worcestershire  
sauce  
1 teaspoon black  
pepper  
1 teaspoon garlic  
powder  
1/4 teaspoon  
liquid smoke

### Directions

1. Slice venison with the grain of the meat. Slices should be about 1/3 inch thick.
2. Add all ingredients into a bowl, marinate in refrigerator overnight making sure to rotate meat.
3. Line bottom of oven with foil. Place strips of meat on oven racks.
4. Cook in 200° F oven for 4 hours, then turn oven to warm and cook an additional 4 hours. Meat should be firm, if meat is soft it is not yet done.
5. Let cool, place in a plastic bag or store to your convenience.



## Saucy Venison Meatballs

From Sparta herald and compiled by Dan Hornet

### Ingredients

#### *Meatballs*

1 lb ground venison  
1 can evaporated milk  
1 pkg onion soup mix  
1 ½ tsp worchester-  
shire sauce  
½ cup chopped  
water chestnuts

#### *Sauce*

2 cups ketchup  
1 cup brown sugar  
1 tsp worchestershire  
sauce  
1 tsp prepared  
mustard

### Directions

1. Mix all meatball ingredients well.
2. Roll into balls and place in a casserole dish.
3. Combine all sauce ingredients, mix until smooth.
4. Pour over meatballs.
5. Bake at 350 degrees for about 40 minutes. Remove from oven.
6. Sprinkle ½ cup fresh parmesan cheese, grated, over meatballs.
7. Serve with mashed potatoes, noodles or rice.

## Venison in Barbecue Sauce

Lucy Cuish, Stockbridge-Munsee

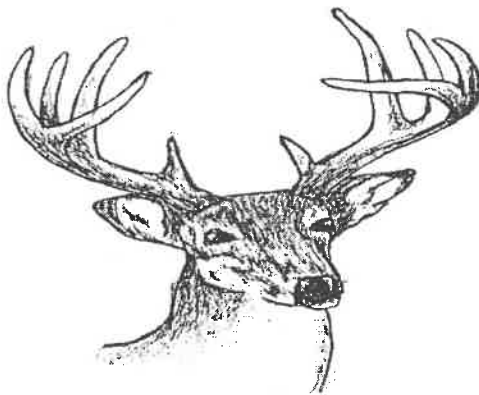
Yield: 12 servings

### Ingredients

3 1/2 pounds of  
leftover  
venison roast  
shredded or cut  
into serving  
pieces  
2 cups open pit  
barbecue  
sauce with  
onions  
1 large onion,  
chopped  
1 chopped garlic  
clove  
3 tablespoons  
liquid smoke  
(more if  
desired)  
8 oz can tomato  
sauce

### Directions

1. Preheat oven to 350° F.
2. Place meat in a baking dish.
3. Mix remaining ingredients, pour over meat.
4. Place meat in oven, cook slowly for about 1 1/2 hours.
5. Serve hot on warmed sandwich buns.



Calories per serving:	274
Carbohydrates:	15 gm
Fat:	4 gm
Dietary Fiber:	0.5 gm
Sodium:	742 mg

# Venison Pasties

Sharon Nelis, Bad River Ojibwe

## Ingredients

1 - 2 pounds  
venison stew  
meat or any of  
the tougher  
cuts (diced or  
cubed small)  
1 medium onion,  
diced  
1 small rutabaga,  
diced  
3 carrots diced  
small  
1 celery stalk  
diced small  
4-5 potatoes diced  
small  
1 beef bouillon  
cube  
1/2 teaspoon  
garlic  
salt and pepper  
to taste  
flour  
ready-made pie  
crust or your  
own pie crust

## Directions

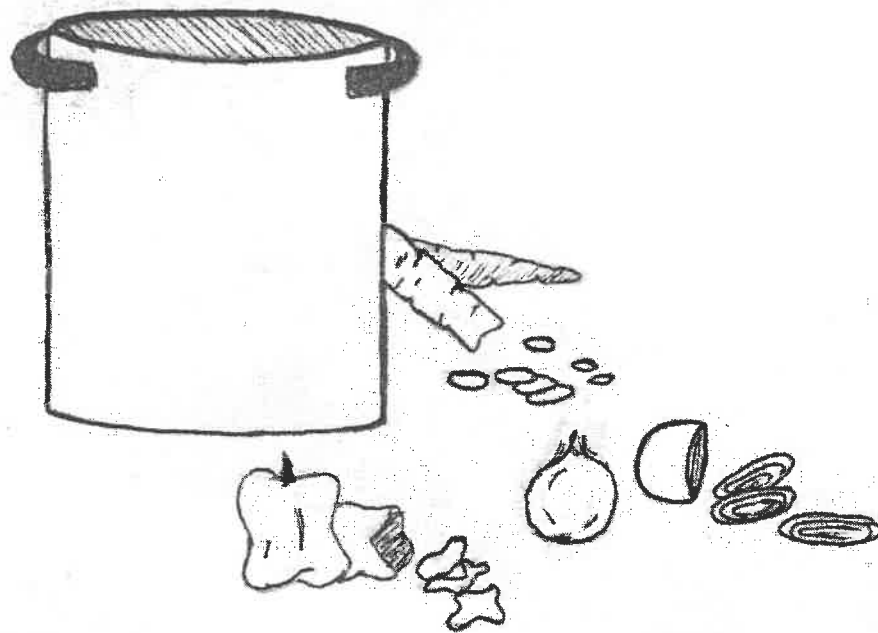
1. Place the stew meat, onion, rutabaga, carrots, celery, potatoes, bouillon, garlic, salt and pepper into a large pot. Add enough water to boil as a stew for 2-3 hours until meat is very tender. Make sure to add water as the stew boils at a medium heat.
2. Mix flour and water in a small bowl until all lumps are gone. A whisk is great for this. Flour mixture should have a gravy consistency. Pour flour mixture into stew to thicken. Let cool for about 40 minutes.
3. During stew cooling, prepare pie crust. Flour table lightly, roll out a small amount of crust into a circle. Spoon in a small amount of stew on one side of circle. Stew should have thickened up and should not run off crust. Fold over pie crust to cover stew. With a pastry brush, use egg mixture to seal edges of pasty. Use a floured fork to press edge of half circle. With pastry brush again, lightly brush the top of pasty with egg mixture. With fork, puncture several areas on top of pasty to let steam out.

## Venison Pasties (con't)

1 egg mixed with  
one tablespoon  
water

4. With a floured pancake turner, lift pasty onto an ungreased cookie sheet. Bake at 350°F for 45 minutes to 1 hour until top of pasty is lightly browned. Depending on how small or large your pie circles are will depend on how many pasties you will have. Some seepage may occur during baking.

**SUGGESTIONS:** This recipe stretches a long way and may be prepared ahead of time and frozen.



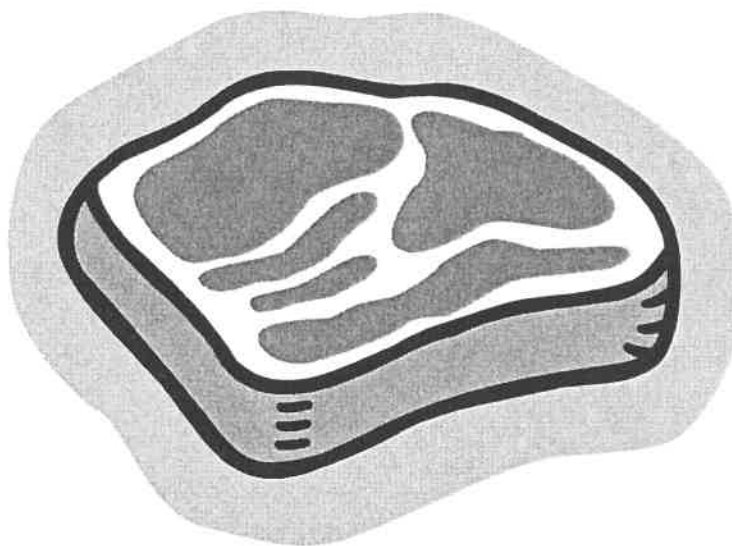


## Venison Steak Temptation

From Spart Herald and compiled by Dan Hornet

### Ingredients

2 large venison steaks  
1/2 cup vinegar  
1 tsp salt  
2 tbsp chopped parsley  
2 tbsp worchestershire  
sauce  
4 ounces roquefort  
cheese  
1 medium onion  
chopped  
1/2 tsp tabasco sauce  
2 tbsp lemon juice  
4 tbsp butter













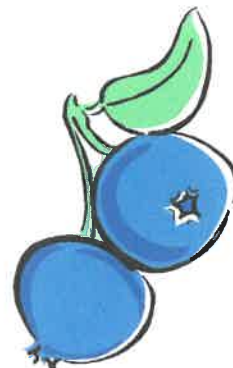
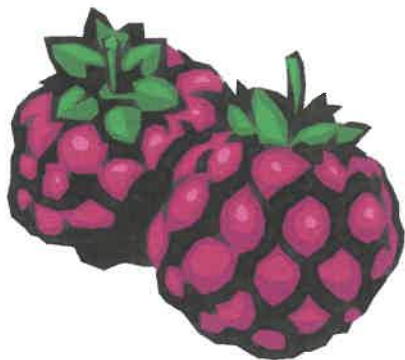
Marinate steaks in mixture of vinegar, salt and enough water to barely cover meat for 12 hours in the refrigerator.

To prepare sauce, blend all other ingredients thoroughly with a wooden spoon until a firm paste results. Rub steaks with butter and broil rapidly under a hot flame. When almost done, remove and coat each side with paste.

Return to broiler, two inches from flame, for 1/2 minute. Serve immediately.

# Fruits, Desserts and Misc.

	Aunt Flo's Blackberry Pie	.....	148
	Blueberry Coffee Cake	.....	149
	Cranberries	.....	150
	Crazy Cake	.....	151
	Fruit Cole Slaw	.....	152
	Maple Sugar Candy	.....	153
	Quick Maple Upside-down Pudding	.....	154
	Round Cream-Style Candies	.....	155
	Wild Rice	.....	156
	Wild Rice Salad	.....	157







## Aunt Flo's Blackberry Pie

Florence Mieloszyk, Bad River Ojibwe



Make your own pie crust or buy the ready made.  
You will only need a single pie shell to fill.

Buy or pick fresh blackberries  
About 4 to 6 cups.

Use "Junket" brand Danish Dessert pudding  
pie filling glaze.

Follow the pie glaze direction.

Place 2 to 4 tablespoons of glaze on the bottom  
of the pie crust.

Fold berries into remaining glaze and pour  
into the pie shell and cool for 3 to 4 hours.

Serve with or without whipped topping.

Also, you can substitute strawberries for the blackberries and then use the  
raspberry flavor pie glaze.



## Blueberry Coffee Cake

Vivian Robertson, Stone Lake, WI

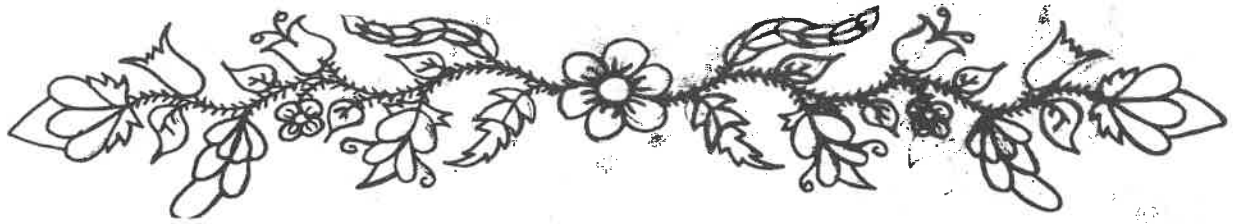
### Ingredients

1 1/2 cup sugar  
1/2 cup oil  
2 eggs  
1 cup milk  
3 cups flour  
4 tsp baking powder  
1 tsp salt  
3 cup blueberries  
    fresh or frozen  
4 tbsp butter  
1/4 cup brown sugar  
4 tbsp flour  
3 tsp cinnamon  
3/4 cup finely  
    chopped nuts

### Directions

1. Place sugar, oil, eggs and milk in a bowl. Mix well.
2. Sift 3 cups flour and set aside 1/4 cup. Sift in baking powder and salt, mix in the liquid ingredients.
3. Mix the blueberries with the reserved 1/4 cup of flour. Fold into the mixture by hand.
4. Pour into a lightly greased bundt pan or a 9 x 13 pan. Combine the last 5 ingredients and spread over cake patting down gently.
5. Bake at 350 degrees for 30 minutes.





## Cranberries

Ruth Holmes, St. Croix Ojibwa

Sometimes the boys gather cranberries or I purchase a 20 pound box from the local cranberry marsh. I can them without sugar. I do about 30 quarts a year -- our winter supply.





## Crazy Cake

Myrtle Gordon, Red Cliff, Ojibwe

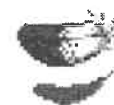
### Ingredients

3 cups flour  
2 cups sugar  
3/4 cup oil  
1/3 cup cocoa  
1 tsp salt  
1 tbsp vinegar

### Directions

1. Mix all ingredients together.
2. Put into a 9 x 13 pan and bake at 350 degrees for 30 minutes.
3. Take out and cool and then frost.





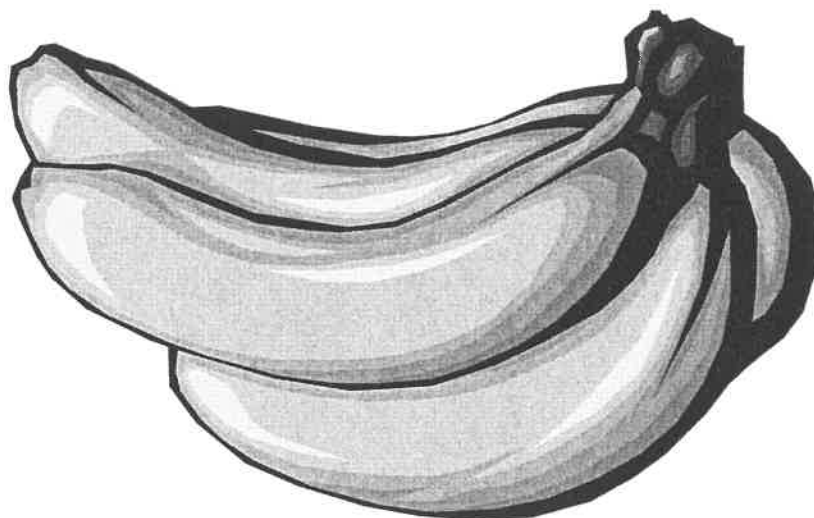
## Fruit Cole Slaw

### Ingredients

1/2 head shredded  
cabbage  
1 16 oz can fruit  
cocktail, drained  
1/2 cup honey  
1 sliced banana  
1/2 tsp salt  
1/8 tsp pepper  
3 tbsp sliced almonds  
(optional)  
1/4 cup vinegar

### Directions

1. Shred the cabbage.
2. Combine all ingredients in a large bowl.
3. Serve and enjoy.

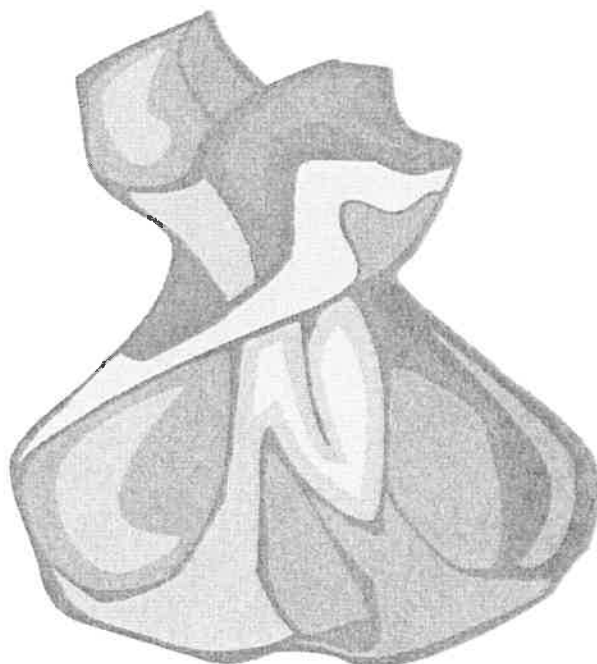


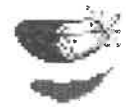


## Maple Sugar Candy

Gi-way-din-o-ginew, Red Lake Ojibwe

Cook 32 ounces (1 quart) maple syrup in a deep pan over medium heat until the temperature reaches 248 degrees on a candy thermometer. If foaming occurs, put a very small dab of butter or margarine into the boiling mixture. When temperature reaches 248 degrees, remove from heat and cool until bubbles stop forming, approximately 1 minute. Beat mixture (still in pan) with mixer until the color begins to lighten and it takes on a glossy appearance, approximately 2 minutes. Immediately pour mixture into molds or a flat pan lined with wax paper: cool completely. Makes about 30 pieces, weighing about 1 oz each.





## Quick Maple Upside-down Pudding

Lac Courte Oreilles Community

### Ingredients

1 cup maple syrup  
2 tsp baking powder  
1 tbsp butter or  
margarine  
1/4 tsp salt  
3 tbsp brown or  
maple sugar  
1 cup sifted flour  
1 egg  
1/2 cup milk

### Directions

1. Heat maple syrup to boiling and pour into bottom of a buttered baking dish.
2. Cream shortening; add sugar and cream together until fluffy.
3. Sift flour, baking powder, salt and add alternately with milk in small amounts beating well.
4. Pour batter into hot syrup and bake at 420 degrees for 25 minutes, turn upside down onto a serving plate and garnish with chopped nuts and whip cream. Or you can just serve it in a bowl like pudding with nuts.





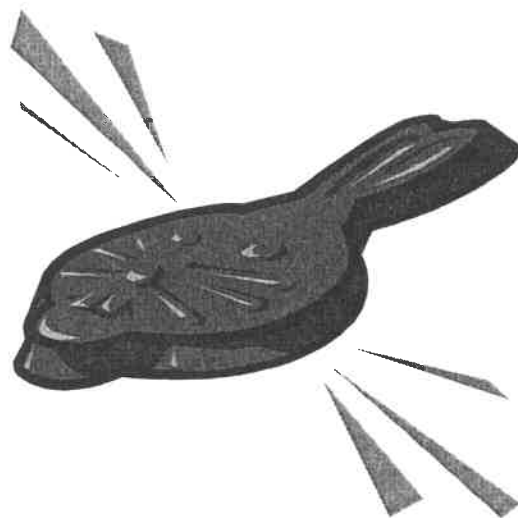
## Round Cream-Style Candies

### Ingredients

1 cup maple sugar  
1 cup brown sugar  
¼ cup water  
¼ tsp almond extract  
walnut meats

### Directions

1. Cook sugars and water together to 240 degrees (soft ball stage), add almond extract.
2. Cool to lukewarm, then beat vigorously until creamy-firm.
3. Knead on cold, smooth surface until smooth.
4. Form into small balls and press a walnut half into each ball and serve.





## Wild Rice

Ruth Holmes, St. Croix Ojibwa

My family likes the very first rice, when it comes off the stalks. It's broken and it cooks faster than the whole kernel. Wash one cup wild rice. Just bring to a boil, turn off heat, cover and let it steam. My family likes wild rice chewy. I serve it plain with chicken broth (cooked in the broth), butter and salt.





## Wild Rice Salad

Phyllis Wyse, Red Cliff Ojibwe

### Ingredients

2 cups cooked  
wild rice  
1 tbsp lemon juice  
2 stalks celery,  
chopped  
 $\frac{1}{4}$  cup salad  
dressing,  
(miracle whip)  
2 large apples,  
unpeeled and  
diced  
1 tbsp brown or  
maple sugar  
 $\frac{1}{2}$  cup plain non-  
fat yogurt

### Directions

1. Toss apples with the brown or maple sugar and lemon juice.
2. Stir in celery and rice.
3. Blend together yogurt and salad dressing.
4. Toss with salad ingredients and chill.





## INDEX

		<u>PAGE</u>
AUNT FLO'S BLACKBERRY PIE	FLORENCE MIELOSZYK	148
BAKED ACORN SQUASH	PHYLLIS WYSE	72
BAKED BEAVER	MRS. CATHERINE HAWPETOSS	120
BAKED MUSKRAT	LAC COURTE OREILLES COMMUNITY	121
BAKED RACCOON	LUCY CUISH	122
BAKED TROUT	LAC COURTE OREILLES COMMUNITY	111
BAKED WALLEYE FILLETS	JOE CHOSA	110
BAKED WHITEFISH OR TROUT	VERONICA NEWAGO	112
BEAR SOUP	LAC COURTE OREILLES COMMUNITY	42
BEEF OXTAIL SOUP	CHRISTINA SIPLA & TOM KING	43
BEER BAKED FISH	VIVIAN ROBERTSON	113
BLUEBERRY COFFEE CAKE	VIVIAN ROBERTSON	149
BUFFALO SOUP	BECKY LEMIEUX	44
CAN CHICKEN/FROZEN CHICKEN DISH	WENDY FLETCHER	123
CANNED SMOKED WHITEFISH OR TROUT	GERALDINE NELIS	114
CANNED VENISON	RUTH HOLMES	138
CANNED VENISON/GREEN PEPPERS	GERALDINE NELIS	138
CHICKEN & WILD RICE HOTDISH	EVA CONNOR	92
CHILI SAUCE	EMILY JACOBSON	32
CHOP SUEY	MYRTLE GORDON	93
CRANBERRIES	RUTH HOLMES	150
CREAM PEAS	MYRTLE GORDON	73
CORN CASSEROLE	VERA DENNY	94
CORN CHOWDER	TERRY DALTON	45
CORN SOUP	LAURA COOPER	46
CORNBREAD DUMPLINGS	JULIE WILLIAMS	82
COWSLIP SOUP	LAC COURTE OREILLES COMMUNITY	48
CRAZY CAKE	MYRTLE GORDON	151
CREAM OF GREEN BEANS SOUP	PHYLLIS WYSE	49
CROCK POT STEW	LINDA KROENING	50
DANDELION GREENS	LAC COURTE OREILLES COMMUNITY	74
DEERMEAT SOUP	REVA CHAPMAN	51
DILLED GREEN BEANS		75
FRESH BAKED BREAD	INA VALLIERE	83
FRESH FISH CAKES	LAC COURTE OREILLES COMMUNITY	115
FRIED SQUIRRELS	MRS. ALMA DELBREAU	124
FRIED WALLEYE	ARVILLA LEROY	116
FRIED WILD RABBIT	MRS. MABEL DICKIE	125
FRUIT COLE SLAW		152
FRY BREAD	REVA CHAPMAN	85
FRY BREAD	FRANK SHEPARD	84
GARDEN SUCCOTASH	BERNICE MILLER PIGEON	76

	<u>PAGE</u>
GATHERING AND PROCESSING	
WILD RICE	JOSEPH CHOSA 19
GIGI'S WILD & WONDERFUL	
CASSEROLE	GIGI CLOUD 95
GRILLED VENISON TENDERLOINS	VANCE PERSALL 140
HAMBURGER GRAVY	MYRTLE GORDON 33
HOMINY SOUP	MARILYN CHARETTE 52
HUNTER STYLE RABBIT	CHRISTINA SIPLA & TOM KING 126
INDIAN DUMPLINGS	BERNICE BLACK DEER 86
INDIAN EGG ROLLS	DEE & AYA 34
JUDGE SOULIER'S WILD RICE	
CASSEROLE	ERVIN SOULIER 96
LAGILETTE	CELIA DEFOE 87
LEEKs	
	STOCKBRIDGE-MUNSEE
	COMMUNITY 77
MAPLE SUGAR CANDY	GI-WAY-DIN-O-GINEW 153
MAPLE SUGAR STORY	GI-WAY-DIN-O-GINEW 21
MAPLE SUGAR (MAKING OF)	PHYLLIS WYSE 22
MILKWEED	EUGENE SHAWANO, SR. 78
MILKWEED CREAM SOUP	MRS. MARGARET WILBER 53
MILKWEED GRAVY	
	STOCKBRIDGE-MUNSEE
	COMMUNITY 35
MILKWEED SOUP	FAITH AND JIM MATTER 54
MOCCASIN SOUP STORY	ODANAH COMMUNITY 24
NAENAPUN BREAD	ARVILLA LEROY 88
ONEIDA CORN SOUP	
	ONEIDA FOOD DISTRIBUTION
	PROGRAM 47
ONION RING COATING	JEFF BENTON 36
OVEN FRIED CHICKEN	MARY DUFFY 127
PARTRIDGE SOUP	INA VALLIERE 55
PARTRIDGES	MRS. MABEL DICKIE 106
PEA SOUP WITH WILD RICE	56
PORCUPINE	MRS. IVA BASINA 128
PORK PATTIES	MYRTLE GORDON 129
POTATO PUFF FISH	VIVIAN ROBERTSON 117
QUICK MAPLE UPSIDE DOWN PUDDING	LAC COURTE OREILLES COMMUNITY 154
RABBIT	CHRISTINA SIPLA & TOM KING 130
RACCOON	CHRISTINA SIPLA & TOM KING 131
RASPBERRY STEM TEA	EUGENE SHAWANO, SR. 26
RED-EYE GRAVY	RED CLIFF 37
ROAST COON	MRS. MABEL DICKIE 132
ROAST WILD DUCK W/WILD RICE	
STUFFING	MRS. MABEL DICKIE 107
ROASTED RACCOON W/DRESSING	LUCY CUIsh 133
ROSE HIP TEA	LAC COURTE OREILLES COMMUNITY 27
ROUND CREAM STYLE CANDIES	155

		<u>PAGE</u>
SAUCY VENISON MEATBALLS	DAN HORNET	142
SIRELLA'S FRY BREAD	SIRELLA FORD	89
SQUASH AND CORN SOUP	BERNICE BLACK DEER	57
SQUASH AND CORN SOUP	VIVINA LEMIEUX	58
SQUIRREL SOUP	MRS. MABEL DICKIE	59
STEAMED MILKWEED	CARMEN MASON	78
STORY OF WINABOOZHOO	JOSEPH CHOSA	17
SUMAC DRINK	DALE WOLF	28
SWEET & SOUR SAUCE	DEE & AYA	38
TURTLE SOUP	MRS. MABEL DICKIE	60
TURTLE SOUP	CHERYLE ELM	61
VENISON HOTDISH	PETE MCGESHICK	97
VENISON IN BARBECUE SAUCE	LUCY CUISH	143
VENISON HOMINY SOUP	JOHN DENOMIE	63
VENISON JERKY	JOE MILLER	141
VENISON PASTIES	SHARON NELIS	144
VENISON SPICE	LINDA KROENING	39
VENISON SOUP	FLORENCE MIELOSZYK	64
VENISON STEAK TEMPTATION	DAN HORNET	146
VENISON STEW	LIZ DEARBIN	65
VENISON, FRESH	RUTH HOLMES	139
VENISON/WILD RICE STEW	JOHN "DATES" DENOMIE	66
WALLEYE EGGS	INA VALLIERE	118
WILD BEAR STEAK	LAC COURTE OREILLES COMMUNITY	134
WILD FERN SOUP		67
WILD RICE	RUTH HOLMES	156
WILD RICE CASSEROLE	TERRY DALTON	98
WILD RICE HOTDISH	MARION REYNOLDS	99
WILD RICE MEATLOAF	LAC COURTE OREILLES COMMUNITY	100
WILD RICE MUSH	THERESA KRAMER-BELISLE	101
WILD RICE RICING SOUP	PHYLLIS LOWE	68
WILD RICE SALAD	PHYLLIS WYSE	157
WILD RICE SOUP	JOE CHOSA	69
WILD RICE TATOT-TOT CASSEROLE	MARLA EADES	102
WILD RICE VENISON CASSEROLE	DAN HORNET	103
WINTERGREEN TEA	LAC COURTE OREILLES COMMUNITY	29
WOOD GREENS	STOCKBRIDGE-MUNSEE COMMUNITY	79
ZUCCHINI PICKLE		80

# NOTES

# NOTES



# NOTES

