

Baked Indian Pudding

Ingredients:

½ cup ground yellow cornmeal

5 cups scalded milk

1/8 tsp salt

2/3 cup dark molasses

1 tsp ginger

¼ tsp nutmeg

½ tsp cinnamon

Directions:

- 1) Preheat oven to 350⁰F.
- 2) Pour the milk into top of double boiler, slowly add the cornmeal, stirring continuously.
- 3) Add salt, molasses, ginger, cinnamon and nutmeg, and cook, stirring often for about 25 minutes.
- 4) Butter well a 2 quart baking dish.
- 5) Pour the corn mixture into the dish, and bake in oven for 1 hour and 45 minutes. Serve 6.

Buttermilk Cornbread

Ingredients:

1 ½ cups yellow cornmeal
2 tsp double acting baking powder
2 eggs
1 ½ cups buttermilk
4 tbsp bacon drippings
Salt to taste

Directions:

- 1) Preheat oven to 400⁰F.
- 2) In a bowl blend together cornmeal, baking powder, eggs, 1 ¼ cups buttermilk and salt.
- 3) Using a 10” cast iron skillet, heat bacon drippings until it starts to smoke.
- 4) Pour most of the hot grease into the cornmeal mixture, add the remaining ¼ cup buttermilk to the cornmeal mixture.
- 5) Mix well and pour back into the very hot skillet. The skillet should be very hot when the batter is poured into it which makes a crisp crust on the bread.
- 6) Bake in the oven for about 15 minutes or longer, until the corn bread is well browned around the edges.
- 7) Place skillet about 6 inches from the broiler and brown on top for 3-4 minutes or until nice and brown on top. DO NOT let it burn.
- 8) Turn out on to a plate upside down and serve immediately. Makes 8 servings.

Corn Stuffing

Ingredients:

3 tbsp lard or shortening
2 stalks celery, minced
1 medium onion, minced
2 cups corn bread, crumbled
2 eggs, beaten
½ cup chicken broth
1 tbsp fresh sage or 1 tsp dry sage
Salt and pepper to taste

Directions:

- 1) Heat lard in a skillet and saute celery and onion until just limp, but not browned.
- 2) Place corn bread, eggs, chicken broth, sage, salt and pepper into a bowl and toss lightly together.
- 3) Add the sautéed celery and onions and toss again.
- 4) Stuff rabbit as directed. If using a larger animal just double the recipe.

INDIAN FRY BREAD

Ingredients:

2 cups all-purpose flour
¼ cup instant lowfat powdered milk
¾ tsp salt
2 tsp double acting baking powder
1 tsp lard
¾ cups luke warm water
Vegetable oil for frying

Directions:

- 1) In a small bowl mix flour, powdered milk, baking powder, and salt.
- 2) Cut in the lard until mixture resembles a coarse meal.
- 3) Add water and knead lightly for 1 minute.
- 4) Turn out onto a well-floured surface and knead until a smooth ball forms.
- 5) Divide the dough into 8 equal parts and shape each into a small ball.
- 6) Cover with a towel or inverted bowl and let rest for about 10 minutes.
- 7) On a floured surface roll each ball into a 6 inch circle.
- 8) Poke a hole in the center of each round of dough.
- 9) In a skillet heat about 1 to 1 ½ inches of vegetable oil, until smoke appears (375°F). Fry the dough rounds one at a time until golden brown on both sides.
- 10) Drain on paper towels and serve hot. Makes 8 pieces of bread.

Pumpkin Bread

Ingredients:

1/3 cup shortening
1 ½ cups sugar
2 Eggs
2 cup canned or cooked pumpkin
1 2/3 cups sifted all- purpose flour
¼ tsp ground cloves
1 tsp baking soda
¾ tsp salt
½ tsp cinnamon
1/3 cup water
½ cup chopped pecans

Directions:

- 1) Preheat oven to 350⁰F. Grease and flour 2 loaf pans. Be sure to shake the excess flour out of the pans.
- 2) Cream shortening and sugar. Add eggs and pumpkin. Mix well
- 3) Combine dry ingredients, sift and add to shortening mixture alternating with water.
- 4) Pour dough into the pans to a level about ½ to ¾ full. Be careful to not over fill as bread will rise.
- 5) Bake in the oven for 35 minutes or until a cake tester comes out clean.
- 6) Cool in pans for about 30 mins. Unmold and cool completely on a cooling rack. Serves 6-8 people.

Pumpkin Fry Bread Recipe

Ingredients:

- 2 cups canned pumpkin puree
- 1 ½ cups of self-rise flour
- ¼ tsp of ground cinnamon
- ¼ tsp of ground nutmeg
- ½ cup of warm milk
- 4 tbsp brown sugar
- 1/8 tsp of vanilla
- 1 ½ cups of lard or vegetable oil for frying and a deep frying pan
- 1 cup cinnamon sugar, in separate bowl for dipping after frying



You can substitute the following:

- 2 cups canned sweet potato puree for the pumpkin puree
- 1 ½ cups of regular flour with 1 tbs of double acting baking powder and ½ tsp salt for the self-rise flour
- 2 tbsp powder milk with ½ cup of warm water for ½ cup of milk
- 4 tbsp of regular sugar for brown sugar

Directions:

- 1) Mix flour, cinnamon, nutmeg, sugar in a large bowl.
- 2) In a smaller bowl combine your pumpkin, milk and vanilla
- 3) Add the liquid mixture to the dry mixture and mix to form dough.
- 4) Turn dough out onto floured surface and knead a few times until thoroughly combined. Don't over knead.
- 5) Cover the dough and let it rest for 30 minutes.
- 6) Heat the oil or lard over medium heat until ready.
- 7) Break off egg size pieces of the dough and gently pat them out into rough circles about 4 inches in diameter and ¼ inches thick
- 8) Fry in oil turning once, until dough puffs up and begins to brown at the edges. Usually 2-3 minutes per side.
- 9) Remove from oil and drain on paper towels, then dip in cinnamon sugar
Serve warm. Yield about 10 fry breads. If you want more just double the recipe

PUMPKIN SOUP

Ingredients:

2 cups chicken stock or 2 chicken bouillon cubes dissolved in 2 cups hot water
½ green pepper, diced
1 large tomato
1 green onion
1 pinch of parsley
¼ tsp thyme
1 pound can pumpkin or 2 cups cubed cooked pumpkin
1 tbsp flour
2 tbsp butter
1 cup of milk
½ tsp nutmeg
1 tsp sugar
½ tsp salt

Directions:

- 1) Place 1 cup chicken stock, green pepper, tomato, onion parsley and thyme in blender container. Cover and use on medium speed, just until vegetables are coarsely chopped.
- 2) Pour mixture into a saucepan, simmer 5 minutes.
- 3) Return mixture to blender container. Add pumpkin and flour. Cover and use on high speed until mixture is very smooth.
- 4) Pour mixture into a saucepan.
- 5) Stir in remaining 1 cup of chicken stock and add all the remaining ingredients.
- 6) Heat to a boil, stirring frequently. Cook 3 minutes longer. Serve hot.
Makes 4-6 servings.

Roast Wild Turkey

Ingredients:

- 1 wild turkey, 8-10 lbs
- 2 small apples, sliced in half or quartered
- 1 medium onion, cut in half or quartered
- 2 ribs celery sliced lengthwise and in half
- 1 tsp dry sage
- 6-8 slices of bacon
- Salt and pepper to taste

Directions:

- 1) Preheat oven to 325⁰F
- 2) Sprinkle turkey inside and out with salt and pepper.
- 3) Place apples, onions and celery slices into the cavity.
- 4) Sprinkle inside the cavity with salt, pepper, and sage.
- 5) Pull legs upward and tie them together with a string.
- 6) Turn the wings under the bird and secure with toothpicks or small skewer.
- 7) Place turkey breast up on a rack in a roasting pan.
- 8) Cover breast with bacon slices and a cheesecloth soaked in melted bacon fat.
- 9) Roast in oven for 20-25 minutes per pound or until the joints move freely.
- 10) Baste often with pan juices.
- 11) Remove from the oven and let stand 10-15 minutes before carving.
Serves 8-10.

SAFKI or SAFKEE: Meatless or with Meat

Wild Rice Safki

Ingredients:

½ gallon salted water
2 cups wild rice
1 tsp baking soda
3 tbsp cornstarch

Directions:

- 1) Boil water and add in the rice and cornstarch for thickening and stir.
- 2) Boil and stir every few minutes for 12 minutes
- 3) Reduce heat to low and add the baking soda
- 4) Stir often and continue to cook until rice is tender and ready to serve, thick and tasty. You might wish to experiment by adding some of your favorite spices to this recipe.

Bacon-hominy Safki

Ingredients:

8 rasher (strips) of bacon, cut into small pieces
2 cans canned hominy, drained
3 or more green onions, chopped, with part of the green portions used
Salt and pepper to taste

Directions:

- 1) Fry bacon pieces in a skillet until crisp
- 2) Add hominy and spices and cook for 5-7 minutes, stirring constantly
- 3) Stir in green onions and cook another 5 minutes, stirring, then serve.

You can substitute any meat you like in this recipe, cut into small pieces, but you would need to add fat other than from pork. Some fish would be good in this dish as well.