

# INDIGENOUS COMMUNITY RECIPES

*Spring 2021*





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*Thank you to our participants and sponsors.*



# *Introduction*

## HOW THIS PROJECT EMMERGED

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### Legacy of Leadership Cohort with Native Action Network



As members of the Legacy of Leadership Cohort with Native Action Network, we were asked to create a community project that would serve to improve the lives of Native people in Washington State.

With our combined interest in food sovereignty, we decided to host an Indigenous Plant and Education Series to increase access to traditional teachings around plants, food, and well-being.

During the Educational Series, students were taught about Coast Salish traditional foods such as stinging nettle, salmon, conifer tree tips, razor clams, elk, and more!

Significant teachings included traditional cooking and preservation methods, reading the land, eating seasonally, gathering, processing, and overall reconnection to the natural world. Students received three traditional meal kits to cook and feed their families during the Spring of 2021.

Our team also wanted to create an additional resource for communities to have for the future, an Indigenous Recipe Publication. This contains all of the recipes we cooked with our students and recipes from other amazing Native women who responded to our call for submissions.

# Cohort Members

LEGACY OF LEADERSHIP

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**Elise Bill-Gerrish,  
Muckleshoot**

Muckleshoot Language Teacher and Traditional Foods & Medicines Educator



**Aissa Yazzie,  
Navajo**

Native Environmental Science instructor from St. Michaels, AZ living in the Pacific Northwest



**Nicole Charley,  
Warm Springs**

Traditional Foods Gatherer for the Simnasho Longhouse, super aunt and dog mom



**Christine Myers,  
Oklahoma Choctaw**

An avid horticulturalist and seed savant, passionate about plant medicines



**Alaina Capoeman,  
Quinault**

Carries the name Xoputsee, an ancestral Quinault name, Lives on the Port Madison Reservation in Suquamish, Washington

## *Land Acknowledgement*

We would like to acknowledge the significance of the land where this project took place. Washington State has been home to many tribes since time immemorial. Our native people are still here today, alive and strong.

heli? čeda weleḥ<sup>w</sup>

"We are alive and strong."

- The Muckleshoot Language



# AZURE'S AGATEFELLERS

*By Azure Boure, Suquamish*

## INGREDIENTS

- 2 cloves garlic
- 1 c. tightly packed blanched fresh nettles
- 1/2 c. chopped green onions
- 1/2 c. chopped parsley, leaves and stems
- 2 tsp. lemon juice
- 1/2 c. (1 stick) butter, softened
- 3/4 c. panko bread crumbs
- 1/4 c. freshly grated Parmesan
- 1 tbsp. extra-virgin olive oil
- 1 lb. coarse salt, for baking
- 24 fresh oysters, shucked, shells reserved
- Lemon wedges, for serving

## PREP TIME

- Prep | 15 m
- Cook | 10 m
- Ready in | 25 m

## PROCEDURE

01

Position rack in top third of oven and preheat to 450°. Add garlic, nettles, green onions, parsley, lemon juice, and butter to a food processor and pulse until finely chopped.

02

In a medium bowl combine, panko, Parmesan, and oil.

03

Sprinkle coarse salt over a large baking sheet to a depth of 1/2". Arrange oysters in half shells in salt. Divide nettle mixture among oysters and sprinkle with Parmesan mixture.

04

Bake until the nettle mixture is bubbling and the panko is deeply golden about 8-10 minutes.

05

Serve with lemon wedges alongside.





# BAKED SALMON

*By Elise Bill-Gerrish, Muckleshoot*

## INGREDIENTS

- 1 large salmon filet
- sea salt & pepper
- 1-2 T Olive oil
- 6 cloves of garlic, minced
- ½ an onion diced
- 1 large lemon sliced thinly

## NOTES FROM ELISE

My family cooks this all year long whenever we are lucky enough to get some salmon. My mom taught me how to bake salmon growing up since we didn't have access to a fire to cook it traditionally. She would even use some honey and brown sugar to make it extra delicious. The recipe evolved over time as we experimented with adding other ingredients.

## PROCEDURE

01

Preheat the oven to 375 degrees fahrenheit.

02

Start by drizzling olive oil on a large baking sheet. You can also put a piece of parchment paper down on the pan to prevent sticking. Place the salmon filet in the middle of the pan and season to preference.

03

Sprinkle the garlic and onion on top of the salmon. Then lay the sliced lemon on top.

04

Place in the oven for 10-14 minutes. Cooking time varies due to size of salmon filet and/or oven. Use your best judgement to determine that the salmon is cooked but keep a close eye on it so that it does not become overcooked, aka dry.



# BANANA BREAD

*By Asia Tail, Cherokee Nation*

## INGREDIENTS

- 1 cup sugar
- 1/2 cup butter
- 2 eggs
- 4 real ripe bananas mashed
- 2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract

## PROCEDURE

01

Preheat oven to 325 degrees F.

02

In a mixing bowl, combine sugar, butter, eggs, mashed bananas, flour, baking soda, and vanilla extract

03

Pour the batter into prepared pan. Bake for 50 minutes to 1 hour at 325°F



## NOTES FROM ASIA

This banana bread recipe is from my great-grandma Eula. The photo is of baby Asia enjoying a snack on Eula's lap.





# BISON STEW

*By Rachel Heaton, Muckleshoot*

## INGREDIENTS

- 1 lb of Bison cut into 1-inch pieces
- 1/4 cup of nettles if available
- 3/4 cup of wild rice
- 1/4 cup of camas if available
- 1/2 onion, chopped
- 2 shallots
- 2-3 yellow potatoes, diced
- 32 oz Vegetable Broth
- 1 can of diced tomatoes
- 1/2 lb of green beans
- Salt
- Pepper

## PROCEDURE

**01**

Brown the meat, onions, and shallots in a large pot, using olive oil as needed. Add potatoes, vegetable broth, diced tomatoes, camas, and green beans. Boil for ten minutes then add wild rice, and nettles.

Season to taste

**02**

Cover and bring to a boil. Reduce heat to low, cover, and simmer for 1 to 1-1/2 hours.



# BLUEBERRY JAM

*By Janice Jackson, Tlingit/Tsimshian & Haida (Lives in Ketchikan, Alaska)*

## INGREDIENTS

- 4 cups crushed blueberries (Alaskan or organic)
- 4 cups sugar
- 1 box (yellow) Sure-jell
- 1 T. Lemon juice

## PROCEDURE

- 01** Place crushed blueberries into tall jelly cooking pot. Stir Sure-jell into fruit. Bring to a Boil.
- 02** Add Sugar, stirring constantly, and bring to a rolling boil. Let it boil for 1 minute.
- 03** Take off heat and pour carefully into clean sterilized canning jars. Wipe rims clean before putting lids on.
- 04** Process in hot water bath for 10 minutes to seal the jars.





# BUTTER SAUTEED POTATOES & MUSHROOMS

*By ?ulǎǎ Team*

## PROCEDURE

**01**

Add 3 tablespoon butter to a saute pan or skillet on medium heat. Add the potato and saute until they turn slightly charred and light to golden brown color. Push the potato to one side.

**02**

Add the remaining 2 tablespoon of butter and saute the mushroom. As soon as the mushroom is cooked, stir to combine both potato and mushroom. Add a pinch of salt. Stir to combine well. Dish out and serve immediately.

## INGREDIENTS

- 5 tablespoons butter (can use Olive Oil as an alternative)
- 4 potatoes, peeled and cut into small cubes
- 8 oz. white or cremini mushroom, stems removed and sliced
- 1 pinch salt



# BRAISED BEAR

*By Noel Purser, Suquamish Tribe*

## INGREDIENTS

- Diced onions
- 1 lb. bear meat, cut into bite-sized pieces
- Wild Berries (Huckleberries and/or Cranberries)
- Salt
- Seaweed

## PROCEDURE

01

You take the tougher cuts of bear meat and brown it in its own fat (or butter) with onions. Then you take the meat and set it aside,

02

Add the big mountain blue huckleberries and wild cranberries or red buckle to the mix with a lot of salt and/or seaweed

03

Once a thick sauce is made from it, you add the meat back and let it simmer, turning the heat on and off so it doesn't get too hot until the meat is basically shredded

04

You eat it with something really savory to balance the flavors out, like roasted duck or clam fritters and bread.





# CAMPFIRE ROASTED EGGS

*By Kendra Aguilar, Luiseno*

I would like to submit this simple recipe that my grandmother, Josephine, passed on to me, which she learned from my grandfather, Rudy Aguilar (Soboba), from Southern California. I don't know where it originated from. He may have learned it from his family or from the other young Natives he worked alongside for the forest service in the summers while attending boarding school at the Sherman Institute in Riverside, now known as Sherman Indian High School.

Living for decades in Coast Salish territory, my grandparents would often go camping or on a long day trips to the sea or the forest with family or friends. One of their favorite meals to share was Campfire Roasted Eggs. When my grandfather started working overseas in Africa, my grandmother withdrew my father and his siblings from school and they traveled across Europe in a VW camper van, hoping to meet up with my grandfather eventually. This recipe came in handy since it is a simple way to prepare eggs without needing pans and utensils or lots of water, although I think they used wet newspaper when nothing else was available.

- Kendra A.

*"This recipe calls for the help of plant relatives. I have been taught to thank them and offer them a song or prayer before harvesting."*





# CAMPFIRE ROASTED EGGS

*Continued...*

## PROCEDURE

**01**

If at the beach, start by harvesting or collecting some seaweed. Make sure the seaweed is slightly wet and then wrap it around a raw egg (still in its' shell). Make a little nest in the ashes or embers on the perimeter of your burning campfire and place the egg in the nest, being sure to cover it completely.

**02**

If in the forest, simply harvest a couple patches of damp moss, large enough to completely surround the egg, and gently sandwich the raw egg in between them and place directly on a section of burning coals or embers made by your campfire.

*The dampness of the seaweed or moss will keep the egg from exploding.*

**03**

The cooking time can vary, but it is usually 15-25 minutes. Be careful as the steamed seaweed or moss and the egg itself will be very hot and will need time to cool. Use a stick or other tool, or a gloved hand, to remove the egg from the ashes or embers. If you are unsure if your egg is cooked all the way you can pick it up, once it is cool enough to the touch, and gently shake it. If it feels wobbly inside then it needs longer. Once it is cooked completely and cooled enough to handle, remove the seaweed or moss, peel the shell, and enjoy. It will have the consistency of a hard-boiled egg but, if you're lucky, with a light smoky flavor.



# CAST IRON BLUE CORN CORNBREAD

*By Aissa Yazzie, Diné*

## INGREDIENTS

- 1 cup blue cornmeal
- 1 cup all-purpose flour
- 5 teaspoons baking powder
- ¼ cup white sugar
- 1 pinch salt
- 2 eggs, beaten
- 1 cup milk
- ½ cup butter

## MATERIALS

- 9 inch Cast Iron Skillet
- Oven
- Large Bowl
- Wisk

## PREP TIME

- Prep | 10 m
- Cook | 25 m
- Ready in | 45 m

## PROCEDURE

01

Preheat the oven to 425 degrees F and place a 9-inch cast iron skillet inside to heat while you make the batter.

02

In a large bowl, whisk together the blue cornmeal, flour, baking powder, sugar, and salt in a bowl. Sift 3 times.

03

Stir the eggs and milk into the cornmeal mixture.

04

Carefully remove the hot skillet from the oven. Reduce oven temperature to 375 degrees F. Coat the bottom and sides of the hot skillet with the remaining butter.

05

Pour the batter into the skillet and place it in the center of the oven. Bake until the center is firm and a cake tester or toothpick inserted into the center comes out clean, 20 to 25 minutes. Allow to cool for 10 to 15 minutes and serve.



# CORNBREAD

*By Hettie Arwood,  
Submitted by her great-granddaughter  
Hester Dillon (Cherokee Nation)*

## INGREDIENTS

- 1 cup cornmeal
- 1/2 cup flour
- 3 t. baking powder
- 1 T. sugar
- 1/2 t. salt
- 1 T. melted butter (I use avocado oil)
- 3/4 c. milk
- 1 egg, well beaten

## PROCEDURE

01

Preheat oven to 425 degrees F.

02

In a large bowl, whisk together the cornmeal, flour, baking powder, sugar, and salt in a bowl.

03

Mix melted butter, milk, and egg in separate bowl

04

Bake at 425 degrees F for 17-20 minutes

05

Add the wet to the dry. Pour the batter into pan.

## PREP TIME

- Prep | 10 m
- Cook | 25 m
- Ready in | 45 m







# ELK MEATBALLS

*By Elise Bill-Gerrish, Muckleshoot*

## INGREDIENTS

- 1-pound ground elk \* Make sure your elk meat is thawed completely before beginning.
- 2 eggs
- ½ onion diced finely
- 4 cloves of garlic, minced
- 1-2 T soy sauce
- Sea salt & pepper to taste
- drizzle of olive oil

**See the Potato & Mushroom Recipe for the Perfect Side Dish**

## PROCEDURE

**01**

Preheat the oven to 375 degrees Fahrenheit.

**02**

Grab a large bowl and add all the ingredients together. It's easiest to use your hands to mix everything together - be careful not to overmix as this can make the meat tough.

**03**

Take a heaping spoonful of the mixture into your hands, shape into a ball, and place on a large greased sheet pan.

**04**

Cook for approximately 25 minutes, or until you see the meatballs are cooked through in the middle. I recommend finishing the meatballs on a high broil setting (for 1-2 minutes) to achieve a browning on top.

\*If you prefer a crispier, browned exterior - cook in small batches using a large skillet with a small amount of high-heat oil.



# FIR TIPS HONEY

*By Christine Myers, Choctaw Nation of Oklahoma*

## INGREDIENTS

- 2 cups of raw honey (wildflower is best)
- 1 cup of spring fir tree tips (or spruce/hemlock work as well)

## MATERIALS

- Glass jar with a good lid 1 cup of spring fir tree tips (or spruce/hemlock work as well)

## NOTES FROM CHRISTINE:

It is best to collect these tips in season, usually some time in May. Fresh tips are used but you can also gather them and dry them and use them to infuse the honey later.

Fir, spruce, or hemlock spring tip growth is pretty easy to collect. be sure to stay away from roadsides and areas where chemicals might be sprayed.

Great on pancakes or crepes. Can be drizzled over polenta or grits with wild berries.

## PROCEDURE

01

Before you begin, pick out a glass jar that will hold the volume of the honey plus the tips. In this case, the jar needs to hold at least three cups so you need at least a liter jar. Make sure the jar is sanitised in boiling water before adding the honey to prevent unwanted fermentation.

02

The fir tips need to be dry. Begin by placing the fir tips in the sanitized glass jar then pour the honey over them. If needed, you can put the honey in a hot water bath in a saucepan and warm it slightly to make it easier to pour out of its container.

03

It is best to allow the tips to infuse in the honey for about two weeks. When the infusion is complete, you want to pour the honey into another sanitized jar and store in the refrigerator. Fir tip honey should be stored in the refrigerator. It is best used within two to three months.



# HALIBUT CHOWDER

*By Janice Jackson, Tlingit/Tsimshian & Haida (Lives in Ketchikan, Alaska)*

## INGREDIENTS

- 1 lb. Alaska Halibut
- 2 strips bacon
- 3 large potatoes, cubed
- ½ onion, diced
- 1 can creamed corn
- 1 garlic clove-optional
- Pinch of each: Old Bay seafood seasoning, Garlic powder, Thyme. Add to your taste; Salt & Pepper.

### Optional

- Dried Seaweed
- Sailor Boy Crackers
- Butter

## PROCEDURE

01

Boil potatoes.

02

Meanwhile, saute chopped bacon and onion together. Drain most of the bacon fat.

03

Add bacon & onion into boiled potatoes and simmer a while.

04

Add halibut, corn and seasonings and simmer until Halibut is done.

05

Serve with dried seaweed and Sailor boy crackers with butter.



# HUCKLEBERRY FRUIT LEATHER

*By Diane Covington  
Confederated Tribes of the Colville  
Reservation*

## INGREDIENTS

- 3 cups huckleberries
- 3 teaspoons of honey
- 1 teaspoon baking soda
- 1/2 teaspoon salt

## MATERIALS

- baking sheet
- parchment paper
- oven

## PREP TIME

- Prep | 10 m
- Cook | 6-8 hrs
- Ready in | 1 day

## PROCEDURE

01

Preheat oven to 200 degrees F. Blend berries and honey in a food processor.

02

Pour mixture onto a parchment-lined baking sheet. Bake for 6 to 8 hours and cool overnight.

03

Cut strips and roll up for single-sized portions.





# NETTLE BREAD

*By Bethany Barnard, Chinook Indian Nation*

## INGREDIENTS

- 2 ½ cups bread flour
- 2 t yeast
- 1 ½ t salt
- ¼ c whole milk (room temp)
- 1/3 c warm water
- 2 T butter melted (unsalted)
- 2 T honey
- 1/4 c dried nettles (approximately can be less)
- 2 T dried or cooked onions (optional)

## NOTES FROM BETHANY

This recipe was shared with me by a family friend (no tribal affiliation, sorry). The recipe includes traditional foods to my ancestors' traditional territories.

## PROCEDURE

**01**

### To make the dough:

Dissolve the honey into the warm water; add all ingredients together; mix until dough forms; transfer dough onto lightly floured counter and knead until smooth; let rise until doubled.

**02**

### Prepare dough:

Punch down dough; roll dough out similar to a cinnamon roll; spread surface with a little melted butter; sprinkle surface with powdered dry nettles (can add onion dried or cooked with nettles); roll dough up to fit into a loaf pan; place loaf in a greased bread pan; let rise until dough is about an inch above the pan.

**03**

### Bake:

Bake at 350 degrees for approximately 35 minutes. Cool loaf in a pan for a bit then take out the pan to cool completely.



# NETTLE PESTO

By Bethany Barnard, *Chinook Indian Nation*

## INGREDIENTS

- 1 cup blanched fresh nettles (only young tops is recommended)
- 2 T of fresh basil (optional)
- 1/2 cup pine nuts (can substitute with other nut variety)
- 1/4 cup extra virgin olive oil
- 1/4 cup parmesan cheese (I use a vegan cheese substitute; also optional)
- 3 garlic cloves (if minced about 3 teaspoons)
- Salt & Pepper to taste

## PROCEDURE

01

Pulse nettles (and basil), pine nuts, and garlic in food process several times, scraping the sides with rubber spatula between pulses.

02

Add parmesan to mix (if freezing the pesto, do not add cheese); while running the food processor, stream olive oil into the mixture until desired smoothness; mix in salt and pepper to taste.

03

Serve with pasta, on crackers, toast, baked potatoes, etc. and enjoy.

## NOTES FROM BETHANY

This recipe was a regular pesto recipe I modified to incorporate traditional foods.



# PREPARED NOPALES - CACTUS

*By Bridgette-Romero, Guerrero-nahua*

## INGREDIENTS

- Whole nopales (prickly pear cactus), cubed
- 1 onion
- 1 tomato
- cilantro
- salt
- pepper
- lemon

## NOTES FROM BRIDGETT

"You can make a really healthy juice out of the little fruits that grow out of them, and many southwestern and Mesoamerican tribes used the fruit in their recipes hence why settlers referred to it as "the Indian fig." Cactus were vital to many native livelihoods. Many tribes like mine, even used the cactus pricks as sewing needles."

## PROCEDURE

- 01** Put the cubed nopales and piece of onion in a large saucepan, add cold water to cover and season generously with salt.
- 02** Bring water to boil, once boiled, put them in a strainer and let them cool for about 20' minutes
- 03** While nopales cools, prepare the tomato (sliced), cilantro (chopped), and rest of onion (diced)
- 04** Once the Nopales have cooled off mix everything together add salt, pepper and lemon
- 05** You can also add avocado if you like. They can be eaten with tostadas , with meat , tacos or just like a salad



# RAZOR CLAM FRITTERS

*By Lanada (Mail) Brown, translated by Alaina Capoeman- both Quinault*

## INGREDIENTS

- 15 razor clams, minced
- 2 eggs
- ½ shallot, minced
- 1 garlic glove segment, minced
- ¼ tsp thyme
- ¼ tsp white pepper
- ¼ tsp parsley
- Start with ½ cup Krusteaz pancake mix
- avocado oil
- salt and pepper to taste

Take a plate to your elder.

## PROCEDURE

01

Sauté the shallot, add the garlic, in 1 tsp oil. Let cool.

02

Whisk eggs in a medium-large size bowl. Add in your razor clams- use your wrecks (if you know, you know). Add in cooled shallots and garlic, thyme, white pepper and parsley. Mix well.

03

Add in heaping tablespoon of krusteaz at a time until the batter slowly falls off your spoon.

04

Heat oil over medium, use enough oil to in pan be halfway up your fritter. Using a spoon place a dollop of batter in the pan, use the edge of a spoon to spread out evenly. A couple of minutes on each side, you want it crispy golden brown and the centers to be cooked. Season with salt and pepper to taste.





# SAUTÉED NETTLES

*By Elise Bill-Gerrish, Muckleshoot*

## INGREDIENTS

- 1 large basket/bowl full of freshly harvested nettles
- ½ a yellow onion, sliced
- 2-3 cloves of garlic, minced
- 1-2 T olive oil
- sea salt and pepper to taste

## NOTES

You can always cook the nettles in batches if you don't have a large enough pan. Keep in mind the nettles will cook down similar to how spinach cooks down.

## PROCEDURE

**01**

Rinse and set aside your freshly harvested nettles, letting most of the excess water dry off.

**02**

Using a large skillet, turn the heat to medium-high. Since we are using olive oil we don't want it to get too hot and change the oil to something unhealthy for us.

**03**

Add the onions first and after about two minutes, add the nettles and garlic. Keep stirring to let the heat access all of the nettles. Cook until the onions are browned. Season with salt and pepper to taste.



# SPRING TREE TIPS INFUSED WATER

*By Elise Bill-Gerrish, Muckleshoot*

## INGREDIENTS

- 2-3 cups freshly gathered tree tips (Spruce, Hemlock, or Douglas Fir)
- 1 lemon, sliced
- 1 cup of strawberries, sliced

## PROCEDURE

01

Use a large pitcher and begin by adding the fresh, rinsed tree tips. Fill  $\frac{3}{4}$  of the way full with filtered water, cover with foil or saran wrap, and let this infuse overnight.

02

A few hours before serving, add the sliced strawberries and lemon. Serve over ice and enjoy this electrolyte-filled spring treat!

## HARVESTING TREE TIPS

**Precautions:** Harvest far away from roadsides, in clean areas, and try to stay away from city parks and tree farms because of pesticide use

**Identify:** Look for bright, lime green growth on the tips of branches

**Harvest:** Simply pluck the new growth, making sure not to harvest too much from one side of the tree - harvest from multiple trees as not to stress the tree out

**Process:** Bring home, rinse well with cold water, and use the same day (anything you harvest for food should ideally be prepared the same day).



# TAN OAK ACORN MUSH/SOUP

*By Sarah Nelson, Yurok*

## INGREDIENTS

- Tan oak acorns

## NOTES FROM SARAH

Traditionally acorns were cooked in a basket with HOT rocks being stirred around in the acorns. The acorns would stick to the cooking rocks as well. Constant stirring of the hot rocks is imperative as it keeps the cooking basket from being scorched and helps to peel the acorns off the rock. Water was added as needed.

## PROCEDURE

01

Harvest about a bushel (approx. 9 gallons) of tan oak acorns in fall. Let them dry out by a fireplace for a season or until dry.

02

When dry, crack and shell acorns and discard any that went 'bad'.

03

Grind acorns into fine grounds (you don't want big chunks). Place uncooked grounds in a jar in the fridge. If grounds are left not refrigerated the oils in the grounds will go rancid. \*Whole and shelled should be shelf stable\*

04

Leach acorns constantly with cold water for 5 days gently stirring throughout each day. \* Leaching is imperative to remove tannic acid from the acorns. Tannins make the acorns bitter. If you taste test acorns before cooking and they are bitter - leach longer.\*



# TAN OAK ACORN MUSH/SOUP

*By Sarah Nelson, Yurok*

## CONTINUED...

**05** When leaching is done place acorn meal into a pot with water. Turn heat to medium. Cook stirring occasionally/ frequently. Add more water as needed. \* dont fret if it looks like too much water us added it will evaporate.\*

**06** Grind acorns into fine grounds (you don't want big chunks). Place uncooked grounds in a jar in the fridge. If grounds are left not refrigerated the oils in the grounds will go rancid. \*Whole and shelled should be shelf stable\*

## COOKING TIPS

I cook mine for a few hours on the stove using a wooden spoon to stir. I let the acorns stick a little to the pot to imitate them sticking to the hot rocks. I learned, gratefully, from C.Helton.

## SERVING SUGGESTION

Acorns are tasty sweet or savory. \* I prefer savory acorns so I eat my deer, elk, or salmon with a spoonful of acorn mush. Or shred my salmon and mix it with a bowl of acorns. Some like acorn mush with butter, sugar, and milk like oatmeal!\*



# WILD RICE

*Adapted from Cookie+Kate for ʔulǎx Class*

## INGREDIENTS

- 1 cup wild rice
- At least 6 cups water (can substitute or add broth here)
- Optional seasonings: salt (to taste), 1 to 2 teaspoons extra-virgin olive oil, minced clove of garlic, or thinly sliced green onion

## STORAGE SUGGESTIONS:

Wild rice will keep well in the refrigerator, covered, for up to 5 days. You can also freeze it for several months.

## PROCEDURE

01

Bring a pot of water/broth to boil, using at least 6 cups water per 1 cup rice.

Thoroughly rinse the rice in a fine mesh colander under running water.

02

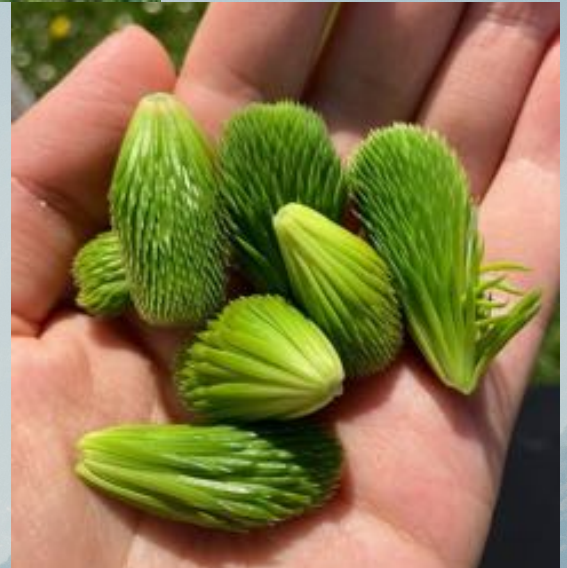
Add the rinsed rice to boiling water/broth, reducing heat as needed to maintain an active simmer, for 40 minutes to 55 minutes. No need to cover with lid.

It's done when the rice is pleasantly tender but still offers a light resistance to the bite. If you see any grains bursting open down the center seam (like a hot dog bun), it's likely done.

03

Drain the rice and return the rice to the pot (off the heat). Stir in any seasonings you'd like to add. If you have the time, place a linen/thin cotton kitchen towel over the pot, cover, and let it rest for 10 minutes (this absorbs any excess moisture). Use as desired.

# *Indigenous Plant and Food Education Series Participants Highlights*



# *Indigenous Plant and Food Education Series Participants Highlights*



# *Acknowledgments*

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## *Indigenous Plant and Food Education Series Participants*

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**Kendra Aguilar, Luiseno**

**Tia Allen, Quinault**

**Leslie Brendible, Tsimshian &  
Blackfeet**

**Nora Buckner, Nez Perce**

**Jaimie Cruz, Squaxin Island**

**Ellen Harju, Cowlitz**

**Autumn Judge-McCloud, Yakama  
& Muckleshoot**

**Cedar McCloud, Puyallup**

**Agnes Strong, Yakama**

**Lisa Redsteer, Navajo**

## *Sponsors*

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**Native Action Network**

Legacy of Leadership Cohort

**Return to the Heart Foundation**

Traditional Helpers & Healers Grant



Native **ACTION** Network







# INDIGENOUS RECIPE BOOK

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ʔuləǰ • June 2021 • To Gather, to obtain from nature

