

Brothertown Indian Nation Homecoming 2020

Menu

APPETIZERS

Brothertown Squash Soup

Brothertown Light and Easy Zucchini Soup

Oneida Corn Soup

MAIN COURSE

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Squash Casserole

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Fry Bread

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DESSERTS

Maple, Berry, and Wild Rice

Pumpkin Bars

SNACKS

Popped Wild Rice

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Recipes

Appetizers:

Brothertown Butternut Squash Soup (A traditional Brothertown Homecoming favorite)

4 cups vegetable broth

12 oz. butternut squash, peeled and cut into 1 inch cubes

½ large Vidalia onion, cut in 2-inch pieces

½ apple, peeled & cut into 2-inch cubes

1/4tsp. table salt;

1/8 tsp. black pepper

1/8 tsp. ground nutmeg

In a large pan, combine the broth, squash, onion and apple. Cover and bring to a boil over high heat. Uncover pot and reduce heat to low; simmer until very tender, about 10 minutes. Puree soup, season with salt, pepper and nutmeg.

Brothertown Light and Easy Zucchini Soup (Another traditional Homecoming favorite)

2 pounds small zucchini

½ Cup shallots, or onions

2 Tbsp. butter

4 cups chicken broth

2 cups water

1 ½ tsp. white wine vinegar

1 ½ Tbsp. fresh dill or tarragon (2 tsp. dry)

¼ cup quick-cooking cream of wheat

¼ tsp. salt

½ tsp. pepper

1 cup sour cream

Fresh dill for garnish

Trim zucchinis and cut into half-inch chunks; Set aside.

In a small stockpot, cook the shallots in butter for several minutes until tender, but not browned. Add zucchini chunks, broth, water, vinegar and dried herbs.

Bring to a boil, then stir in the cream of wheat. Simmer, partially covered, 15-20 minutes. Puree, then return soup to the pan. Season with dill, salt, and pepper. Bring soup to

a simmer; just before serving and beat in ½ cup of sour cream. Ladle the soup into bowls, place a dollop of sour cream on each portion and garnish with herbs.

Oneida Corn Soup (Amy Medford)

Dried Oneida Corn

1 pork tenderloin (silverskin removed, cut into 1 inch disks; quarter the disks)

1 onion (diced)

1 or 2 carrots (diced)

1 big can or 2 small cans of kidney beans (drained and rinsed)

Chicken stock

Salt & Pepper

Directions:

- 1) Cover dried corn with water (have a couple inches above the corn) and cook for 8-10 hrs on low in a slow cooker. Drain off the corn and set aside.
 - 2) In a heavy pot (to keep a consistent heat), heat some olive oil and cook the onions, carrots, and pork. Add some salt and pepper.
 - 3) Let the pork brown, so don't move it around too much. After there's nice color on all sides of the pork, add the corn and beans.
 - 4) Cover with chicken stock and cook for another 30-45 mins.
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MAIN COURSE:

Narragansett Chicken (www.cooks.com/recipe/2l4p73wg/chicken-narragansett.html)

4-8 Boneless, skinless chicken breasts

Creamy ranch, or any creamy salad dressing

Pepperidge farm stuffing, crumble to coarse crumbs (use a rolling pin)

- 1) Coat chicken breasts on both sides with salad dressing
 - 2) Roll up breasts on top of crumbs like jellyrolls.
 - 3) Place seam side down in glass baking dish.
 - 4) Bake at 350 degrees for 35-40 minutes
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SIDES:

Mohegan Succotash (<http://nativeamericannetroots.net/diary/331#>)

- 4 ears of fresh sweet corn
- 3 to 4 cups of fresh lima beans (frozen may be substituted)
- 1 ½ cups of water
- ½ cup of butter (to be really authentic, you'd use bear grease instead of butter)
- 1 ½ cups of sliced green onions
- 1 green and 1 red bell pepper, sliced and diced

Directions:

- 1) With a large, sharp knife cut corn cobs into 1 ½ inch lengths.
- 2) Place corn, beans, water, and butter (or bear grease) in a large saucepan and salt and pepper to taste.
- 3) Cover and bring to a boil over high heat. Reduce heat to medium-low and simmer for 10 minutes.
- 4) Stir in green onions and peppers and continue to simmer for 6 to 10 minutes, until beans are tender and peppers are tender-crisp.
- 5) Remove lid and cook over high heat for 3 to 4 minutes, until liquid is reduced to about ½ cup.

Squash Casserole (Doris and Tom Straw) This Squash Casserole is delicious and comes from our original homelands. When we were on the first bus trip, over 25 years ago, and visited our Mohegan relatives in Uncasville, Connecticut, this was a dish that was shared during feast meal. The recipe was shared with Doris Straw and Doris and Tom Straw have shared this dish at many, many Brothertown meetings and gatherings in the years following that trip. This Squash Casserole is delicious and sought after whenever she brings it to a feast meal!

- 2 pounds squash, boiled and drained
- ½ cup chopped onion

Mix in:

- 1 cup grated carrots
- 1 cup sour cream
- 1 can cream of chicken soup

Mix, in a separate bowl, combine ½ to 1 cup melted butter with approximately 8 ounces stuffing mix.

Put a layer of stuffing mix in the bottom of the 9x13 pan. Pour squash mixture over that layer of stuffing, then top with the rest of the stuffing mix.

Bake at 350 degrees for 30 minutes.

BREAD CHOICES:

Cranberry Nut Bread (Caroline K. Andler; 2005 Brothertown Indian Nation Cookbook)

2 C flour	¾ C orange juice
1 ½ tsp baking powder	1 egg
1 tsp salt	1 C fresh cranberries, chopped
¾ C sugar	2 Tbl salad oil
½ tsp baking soda	½ C chopped nuts

Directions:

Preheat oven to 350 degrees. Sift dry ingredients together. Stir in nuts and cranberries. Add remaining ingredients and blend until thoroughly moistened. Bake in greased and floured loaf pan 50 minutes or until golden brown and a toothpick in center comes out clean.

Indian Fry Bread (Shawn Griffin; 2005 Brothertown Indian Nation Cookbook)

3 cup flour
1/2 tsp. salt
1 Tbl. baking powder
1 C warm water

Instructions:

Combine all of the dry ingredients in a large bowl. Add warm water in small amounts and knead until soft but not sticky. Adjust the flour or water as needed. Cover and let stand 15 to 20 minutes. Pull large egg sized balls of dough; turn out into fairly thin rounds. Fry rounds in hot oil until bubbles appear on the dough, turn over and fry on the other side until golden brown.

DRINK CHOICES:

Cedar Tea (Joan Waldvogel)

- 1) Fill a kettle or pan with water
- 2) Add green Cedar leaves so that the entire top of the water is well-covered.
Be sure to remove any brown areas or your tea will be bitter.
- 3) Bring pan to a rolling boil and remove from heat after about 1 minute.
- 4) Let steep to desired strength. The longer you steep; the stronger the tea.
- 5) Remove the cedar leaves or strain tea. Serve hot or cold. Refrigerate any unused portions

Maple Cinnamon Iced Tea (https://digitalcommons.morris.umn.edu/student_research/8)

4 cp water

4 cinnamon sticks

3 T maple syrup

2 whole nutmeg

3 lipton tea bags-black unsweetened

Directions:

1. Pour water in saucepan, add cinnamon, nutmeg, and syrup
2. Bring to a high boil. Stir
occasionally.
3. When boiling, remove from heat. Add tea bags. Steep for 3-4 mins
4. Remove bags, cinnamon, nutmeg
5. Pour in pitcher, then cool in refrigerator
6. Serve with ice

DESSERTS:

Maple, Berry, and Wild Rice

- 2 Cups (12 oz) wild rice
- 2 Cups maple syrup
- 1 Cup dried blueberries
- 1 C dried cranberries
- 1 C raisins
- 1 tsp ground cinnamon

Directions:

- 1) Place the wild rice in a medium pot along with 8 cups water.
- 2) Bring to a boil, cover and simmer for 1 hour, or until the rice is tender.
- 3) Drain, then return the rice to the pot.
- 4) While the rice is still warm, add the maple syrup, blueberries, cranberries, raisins and cinnamon and stir to combine.
- 5) Serve warm or at room temperature.

Pumpkin Bars (Jessica Ryan) These pumpkin bars have been shared at many Brothertown events – they have been enjoyed at several monthly feast meals between meetings and afternoon crafts; at Homecomings, and other gatherings a pan or two at a time when each family brings a dish to pass. They have been shared in significantly larger quantities (200 – 400 people) when the Brothertown Tribe has hosted the feast meal for all guests, including at our annual Spring Powwows and when the Brothertown Tribe took a turn hosting a meal at the 2015 Lenape Gathering, hosted on the land of our relatives – the Stockbridge Munsee Band of Mohican Indians. They are easy to make and taste delicious! They use a traditional food – one of the Three Sisters - the squash – in the form of a pumpkin. Enjoy!

Mix the following “wet ingredients” in a large bowl and beat well:

- 4 eggs
- 1 cup vegetable oil
- 2 cups granulated white sugar
- 16 ounces fresh/frozen pumpkin puree. (Substitute: 1 – 15 oz. can pumpkin pie filling)

Sift together the following dry ingredients and then add dry to wet mixture:

- 2 cups flour
- 2 teaspoons baking powder

1 teaspoon baking soda
½ teaspoon ground nutmeg (I add more, because that is how my Grandma did it)
½ teaspoon salt
2 teaspoons ground cinnamon
½ teaspoon ground ginger
½ teaspoon ground clove

Mix well and pour into well-greased and floured 12x18 pan.

Determine topping before baking: Cinnamon/Sugar or Cream Cheese Frosting.

Cinnamon and Sugar Topping: Mix Cinnamon and Sugar (1/2 cup approximately) in separate bowl and use a spoon to sprinkle over the top. Then bake at 350 degrees for 25-30 minutes.

If you want Cream Cheese Frosting: Pour the batter in the well-greased and floured pan and bake as above. After cooled, you can spread the following frosting.

Cream Cheese Frosting

Beat together until soft:

1 at 6 oz. package cream cheese
1 tablespoon cream or milk
1 teaspoon vanilla
¾ stick butter

Add: Approximately 4 cups powdered sugar to reach desired consistency to spread on the bars.

Pumpkin Spice Nut Mix – Karen Hartman – from the book *The Robin's Squash*

3 egg whites	3 tablespoons pumpkin pie spice
2 cups salted peanuts	1 cup pecans
1 cup walnut halves	1 cup almonds
1 ¾ cups sugar	2 teaspoons water
1 cup raisins	

In mixing bowl, beat egg whites and water until frothy. Add nuts; stir gently to coat. Combine sugar and pie spice; add to nuts and stir gently to coat. Fold in raisins. Spread into two greased

15x10x1 inch jelly roll baking pans. Bake, uncovered at 300 degrees for 20 minutes or until lightly browned, stirring every 10 minutes. Cool. Store in airtight container.

SNACKS:

Popped Wild Rice From the kitchen of Jessica Ryan

High in Protein - Low in Fat – Nutty flavored goodness!

Use heavy bottom pan. Cast iron frypan is great, or heavy bottomed saucepan.

Put in ½” to 1” vegetable oil. High heat to boiling point (Smoking is too hot.) Drop in one grain of wild rice to test – if it sizzles then pops quickly, it is ready.

Put 1 Tablespoon to ¼ cup wild rice in a metal strainer and place the strainer with the wild rice in the hot oil. The grains will sizzle and pop slightly open (in approximately 30 seconds). Lift out strainer with wild rice and dump on paper towels. Repeat until you have as much wild rice popped as you want.

Tips: Pop in small quantities to prevent overcooking. Store in an airtight container after dried and cooled. Un-popped grains can be hard on your teeth, like an “Old Maid” – proceed with caution.

Serving ideas:

It is terrific sprinkled with herbs or salt and eaten like popcorn.

It is delicious mixed with fresh blueberries and eaten like trail mix. It can be mixed with dried fruits as well.

It adds a wonderful “pop” of texture and flavor to salads, sprinkled like nuts or croutons on top.

It provides a beautiful balanced crunch topping to a nice smooth pumpkin or squash soup in the Fall and Winter, just after the wild rice has been harvested.

Be creative. Enjoy this healthy snack!