



Recipes

Acorn Muffins

Some Native Americans used acorn as a staple food and still reverence it. The nuts are gathered during the fall from September to October. When properly prepared, acorns have a pleasant nutty flavor. Acorns are an excellent source of energy, protein, carbohydrate, and calcium. When collecting acorns, do not be surprised if many of them must be discarded due to insects or mold. More should be collected than are needed.



Directions and notes:

The bitterness in acorns is caused by tannic acid which is water soluble. To remove this unpleasant taste, shell the brown, ripe acorns and remove any corky skin layers, dice the meat, and boil the chunks in water from 15 to 30 minutes until the water turns brown. Then pour off the water and repeat the process until the water clears, indicating that the tannic acid has been removed.

To make flour, the boiled acorn meat can be split in two and dried by slowly baking in a 200-degree oven with the door cracked to allow moisture to escape. They can also be dried in the sun. They are then crushed or ground and used as a thickener or as flour. Another method is to roast the fresh acorns to work well in a grinder or blender. After grinding, the coarse flour is placed in a cloth bag and boiled to leach out the tannic acid.

*** Acorn flour can be used alone to make an acorn bread, but it is not very pleasing to most tastes. Acorn flour is more palatable when mixed with wheat flour or corn meal: one part acorn meal mixed with four parts corn meal for corn bread, or one to four parts wheat flour for bread.*

Acorn Muffins, ingredients:

- 1 cup acorn flour
- 1 cup cornmeal
- 1 cup flour
- 3 teaspoons baking powder
- 1 teaspoon garlic or onion salt
- 1 egg, slightly beaten
- 1½ cups milk
- 2 tablespoons bacon drippings, melted

Preheat oven to 425 F. Sift together the dry ingredients. Beat egg and milk together; stir in bacon drippings. Add liquid to dry ingredients and stir until just moistened. Don't overmix. Pour into well-greased muffin tins and bake 15 minutes or until brown and crusty. Makes about 18 muffins.

**Credit for recipe to "Native American Legends" Waldorf Curriculum – 2006*