



Recipes

Native American Recipes for the Holidays

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Wild Turkey Roast

(Domestic fowl may be substituted)

- 1 eight pound wild turkey
- 1 cup melted butter or margarine
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 recipe wild rice stuffing



Rub cavity of oven-ready turkey with salt and pepper. Fill loosely with wild rice stuffing, truss and brush with ½ cup melted shortening. Roast at 350° for three to four hours, basting often with remaining ½ cup melted shortening.

Wild Rice Stuffing

- 1 cup wild rice
- Giblets of fowl to be stuffed, chopped fine
- 4 cups boiling water
- ½ teaspoon salt
- 3 tablespoons butter
- 2 tablespoons chopped onion
- 1 tablespoon chopped green peppers
- Pepper to taste



Place the giblets in boiling water, adding salt and pepper. Simmer for 15 minutes. Remove giblets and cut up into small pieces.

Cook the wild rice in the giblet broth until tender, and drain.

Saute onions and peppers in butter. Add to the rice and giblets. Blend thoroughly and stuff bird.

Note: This recipe will make about 2½ cups of stuffing, enough for one medium-sized duck or chicken.

Cherokee Yam Cakes

(Makes 18 3" cakes)

- 2 cups sifted flour
- 1½ teaspoons sugar
- 1½ teaspoons salt
- 2½ teaspoons baking powder
- ½ cup salad oil
- ½ cup milk



1 cup mashed yams or sweet potatoes. Sift flour, baking powder, sugar and salt into a bowl. Pour oil and milk into a measuring cup but do not stir. Add to yams. Blend well. Add to flour mixture and mix lightly with a fork until mixture holds together. Turn dough out onto a floured surface and knead gently until smooth, about 12 kneading strokes. Roll dough about ¼" thick and cut into rounds with floured biscuit cutter. Place rounds on a baking sheet. Bake at 425°F. for 10-20 minutes. Serve hot, or split when cold and toast.

Com Soup

- 2 cups dried com (soaked in water to cover overnight to reconstitute) or 2 cans whole kernel com with juice
 - 1 medium onion, chopped
 - Cubed beef, venison or buffalo
 - 1 small green pepper, chopped
 - 1 tablespoon oleo or butter
 - Salt to taste
- Simmer till meat is tender — serve hot!



Baked Pumpkin

Makes 6-8 servings

- 1 small pumpkin
- 2 tablespoons apple cider
- 2 tablespoons honey
- 2 tablespoons melted butter or margarine



Wash the pumpkin well, place on a pie pan, and bake in a moderate oven, 350°F., for 1½ hours. Remove from the oven and cut a hole in the top of the pumpkin about 3" to 4" in diameter. Scoop out pulp and seeds. Mix together the honey, cider, and melted butter or margarine. Baste the mixture over the flesh of the pumpkin. Replace top, return to moderate oven and continue to bake for 35 to 40 minutes longer, basting occasionally. Serve whole, scooping out the individual portions at the table, or cut into wedges as you would a melon. Ladle a little of the cider mixture over each serving.

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