

Native American



Succotash

Ingredients:

1 lb bag of (large) Lima beans,
1 16 oz can of Cream Corn
1 (smallpiece) Salt Pork (optional)
1/2 (small) Onion (cut fine)
2 tablespoons Butter
1/2 cup Sugar
Salt & Pepper (season to taste)

Preparation:

Wash lima beans and place in a large (5qrt) pot.
Add water(4 qrts), salt pork, butter, sugar, salt & pepper.
Bring to a boil.
Cook till beans are tender.
Add cream corn and cook additional 5 minutes.
Remove from heat and enjoy.

Cherokee Fried Hominy

Ingredients:

Several Strips of Bacon
One or two Cans of White Hominy
Onion if desired
Black Pepper to taste

Preparation:

Fry bacon crisp.
Remove from pan.
Drain most of grease.
Drain water off hominy.
Fry hominy in bacon grease.
Crumble bacon & mix in hominy.

Acorn Squash with Wild Mushroom Cranberry Stuffing

CRANBERRY STUFFING:

1 1 1/2- to 1 3/4-pound acorn squash, halved lengthwise, seeded
1/2 cup dried cranberries or currants
1/4 cup hot water
4 tablespoons (1/2 stick) butter
4 ounces fresh wild mushrooms (such as shiitake), stemmed, chopped
1/4 cup chopped onion
1 teaspoon dried rubbed sage
1 cup fresh whole wheat breadcrumbs

Preparation:

Preheat oven to 425°F.
Place squash cut side down in 8x8x2-inch glass baking dish.
Cover dish tightly with plastic wrap.
Microwave on high 10 minutes.
Pierce plastic to let steam escape.
Uncover and turn squash halves cut side up.
Season cavities with salt and pepper.

Corn, Zucchini, and Tomato Pie

This pie is made from the overflowing bounty of the backyard garden. Fresh corn and zucchini seasoned with dill bake underneath Parmesan-crusted tomatoes to make a scrumptious entrée that can be served warm or at room temperature.

Ingredients:

- 3 cups fresh, or frozen and defrosted corn kernels
- 5 small zucchini, cut into matchstick pieces
- 2 teaspoons salt
- 1 teaspoon freshly ground black pepper
- 1 tablespoon fresh dill weed
- 2 tablespoons melted butter
- 3 to 4 vine-ripened tomatoes, cut into 1/2-inch slices
- 1/2 cup freshly grated Parmesan cheese
- 1/4 cup dry bread crumbs
- 2 tablespoons olive oil

Preparation:

Preheat the oven to 375°.

In a 13 by 9-inch ovenproof baking dish, combine the corn, zucchini, 1 teaspoon of salt, 1/2 teaspoon of pepper, the dill, and the melted butter, tossing to coat the vegetables.

Cover the vegetables with the tomatoes.

Sprinkle with the remaining salt and pepper.

In a small bowl, combine the cheese and the bread crumbs.

Sprinkle the mixture over the tomatoes and drizzle with the olive oil.

Bake the pie for 30 minutes, or until the cheese is bubbling.

Remove it from the oven, and let it stand for 5 minutes before serving.

Beef, Pork, and Hominy Stew

Ingredients:

- 1 1/2 lb lean pork ribs, cut into 1-inch pieces
- 1 lb cured bacon
- 1 lb flank steak, cut into 1-inch pieces
- 1 lb beef short ribs, cut between bones
- 3 sweet Italian sausage links, cut into 1 1/2-inch lengths
- 2 Spicy dried pork sausage links, cut into 1 1/2-inch lengths
- 3 quarts water
- 6 carrots, cut into 1/2-inch-thick rounds
- 1 1/2 lb butternut squash, peeled and cut into 3/4-inch cubes
- 1 large boiling potato, peeled and cut into 3/4-inch cubes
- 2 red bell peppers, cut into 3/4-inch pieces
- 1 tablespoon paprika
- 3 (15-oz) cans white hominy, rinsed
- 2 (16- to 19-oz) cans white beans, rinsed
- 1 tablespoon salt
- 1 tablespoon black pepper

Preparation:

- Stir together meats and water in a 12-quart heavy pot and bring to a boil. Reduce heat and simmer, partially covered, stirring occasionally, 3 1/2 hours. Add vegetables and paprika, then simmer, partially covered, stirring occasionally, 30 minutes, or until vegetables are tender. Add hominy, beans, salt, and pepper and simmer, stirring occasionally, 15 minutes.

Maple Mashed Sweet Potatoes

Ingredients:

6 lb sweet potatoes
1 stick (1/2 cup) unsalted butter, melted
1/2 cup heavy cream, warmed
2 tablespoons pure maple syrup
1 teaspoon salt
1/2 teaspoon black pepper

Preparation:

Preheat oven to 400°F.
Prick each potato twice with a fork and bake in a foil-lined shallow baking pan in lower third of oven until very tender, about 1 hour.
Remove and cool slightly.
Halve potatoes lengthwise and scoop out warm flesh into a large bowl.
Mash potatoes with a potato masher or, for a smoother purée, force through a potato ricer.
Stir in butter, cream, syrup, salt, and pepper.

Fry Bread

Ingredients:

4 cups white flour
1/2 teaspoon salt
1 tablespoon baking powder

Preparation:

Combine all ingredients.
Add about 1 1/2 cups lukewarm water and knead until dough is soft but not sticky.
Shape dough into balls the size of a small peach.
Shape into patties by hand; dough should be about 1/2 inch thick.
Make a small hole in the center of the round.
Fry one at a time in about 1 inch of hot lard or shortening in a heavy pan.
Brown on both sides.
Drain on paper towels and serve hot with honey or jam.