

Burning Tree Native Grill



Cookbook

Published by Burning Tree Native Grill
<http://nativechefs.com>

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Acorn

Acorn Griddle Cakes

3 tbl melted butter
3/4 cup milk
2/3 unbleached flour
1 teas bakeing powder
1/3 teas salt
1 tbl honey
1 egg beaten
1/3 cup finely ground leached acorn meal; (*)



Combine dry ingredients. Mix together.. egg & milk then beat into dry ingredients, forming a smooth batter. Add butter. Drop batter unto hot greased griddle. Bake turning each cake, when it is browned on underside, puffed and slightly set on top. makes 12-15 cakes.

(*) Grind acorns. Spread meal 1/2' thick on porous cloth and pour HOT water over the meal. repeat several times OR boil acorns for 2 HOURS, pour off Black water. Soak in cold water 3-4 days, then grind into a paste or pulverize acorns. Allow water to trickle thru meal (put meal in Muslin bag and place bag in clear running stream) for 20 hours. dry & grind again.

A SIMPLE way is to go to any KOREANAsian store or market and buy acorn flour. Do not buy or use acorn starch for this recipe.

Acorn Hominy Bread

2 cups hominy; drained
2 tbl sorghum syrup
2 tbl oil
milk; to make loose paste
1/2 cup masa
1/2 cup hominy paste
1/2 cup acorn flour
2 tsp baking powder
1/2 tsp salt
1 pc egg
1 tbl sorghum syrup
1 tbl oil
1/2 tsp pumpkin spice
1 tbl gluten flour
1/2 cup milk
1/2 cup dried cranberries



1. Blend first four (4) ingredients in a blender set at puree until a smooth loose paste is accomplished .
2. Mix the remaining ingredients with 1/2 cup of the hominy paste and beat with about 50 to 70 strokes adding more milk if to tight.

Divide into 3x5 oiled (spray) pans bake at preheated oven 375 F for 30 minutes or a tooth pick comes out clean.

Serve with vanilla ice cream drizzle with a huckleberry or blueberry sauce.

Acorn Muffins

1/2 c acorn flour
1 c whole wheat pastry flour
1 1/2 c cake flour
4 ts baking powder
3/4 ts salt
1/4 c butter, softened
3/4 c honey
1 c milk
2 ea eggs lg



Sift all dry ingredients together. Sift again and set aside. Cream butter and honey well. Mix eggs and milk in with the creamed butter and honey mixture. Pour wet ingredients into dry ingredients and stir just until moistened. Spoon into prepared muffin tins about 3/4 full. Bake in preheated 400 degree oven for 20 minutes or until done. Acorn flour can be purchased at a Korean store

Apache Acorn Ravioli In Clear Broth

2 green Anaheim chiles
1 tb unsalted butter
1 tb acorns shelled and finely chopped o; r
1 tb pistachio nuts unsalted
3 oz to 4 oz soft white goat cheese
1 recipe basic egg ravioli dough
2 ts kosher salt
1 qt water
clear broth
6 c chicken stock
1 scallion, green part only, diagonal; ly sliced
1/2 ts azafran



Roast the chiles then peel, seed, de-vein and coarsely chop them, Melt the butter in a saucepan over medium-low heat and add the acorns. Sauté 3 minutes, stirring constantly. Add the green chiles and sauté another minute. Remove from the heat, mix together with the goat cheese and set aside. Prepare a stencil by cutting a design out of a piece of cardboard. For the ravioli in the photograph, we cut a stencil 5 inches in length, 3 inches in height, with 1-inch steps. Roll out the ravioli dough as thin ly as possible. Fold the dough in half, place the stencil over the dough and, with a sharp knife, cut around it. Repeat this process 11 times to make 24 identical pieces of dough. Lay 12 cut out pieces of dough on a board and place about 1 tablespoon of the acorn filling in the center of each. Moisten the outer edges of each piece of the dough. Place the other 12 pieces on top, and press the edges together with your fingers. If the edges are slightly uneven, trim them. Set aside. Add the salt to the water in a wide, large saucepan, and bring to a boil over high heat. Add the ravioli and cook 3 minutes, until tender and translucent around the edges. Drain and set aside. Bring the stock to a boil in a large saucepan over medium-high heat. Add the scallions and azafran and simmer, uncovered, over medium-low heat 5 minutes. Remove from the heat and pour 1 cup of the broth into each bowl. Add some ravioli and serve.

Appetizers

Burning Tree Native Pizza

1 pc Burning Tree Frybread; cooked and hot
1/2 cup anasazi beans; mashed and hot
1/2 cup cheddar cheese; grated
1/2 cup buffalo sausage; cooked and crumbled
1/4 cup bacon; cooked and chopped
1/4 cup jalapenos; pickled and sliced



Cook the frybread do not allow to bubble too large after brown on both sides and while hot spread with beans and sprinkle cheese then add sausage, bacon and jalapenos evenly over the cheese. Place in a broiler until cheese is melted. Slice and serve. Remember the fry bread is cooked and brown so cover all areas with beans and cheese and don't over cook.

Beans

Anasazi & Pinto Beans with Hominy and Chilies

1 1/2 c dried anasazi beans
1 1/2 c dried pinto beans
10 c water
1 ts salt
3 c dried Indian hominy
3 green Anaheim chiles for -garnish



Soak the beans overnight in water to cover. In the morning rinse the beans with cold water and place in a large pot with fresh water to cover. Stir in the salt cover and simmer slowly 2 to 2 1/2 hours until the beans are tender. Add water when necessary and stir occasionally to prevent the beans from burning. Add hominy and simmer covered 1 hour stirring occasionally. The hominy and beans should be very soft and moist but not too watery. While the beans and hominy are cooking roast peel seed and dice the chiles. Sprinkle on top of the cooked beans for garnish. Most southwestern Indians grow beans. The Hopis grow a variety of beans in terraces along their high mesas where the crop is irrigated by natural springs. After the harvest the beans are dried and stored. Some beans are used for ceremonial purposes - from weddings to Kachina dances - while others are used for their day-to-day meals. For suburban and city dwellers I've found that pinto beans white beans or red beans work well but I suggest you also experiment with some of the other varieties of beans - like anasazi beans - that are now available commercially. Or you may want to be adventuresome and grow your own variety. To round out this meal the beans can be served with Lamb Stuffed Green Chiles Pan Fried Trout or Venison

Anasazi Beans with Juniper Berries

2 c. dried anasazi beans
10 coriander seeds
8 juniper berries
1 sm. onion
1 T. sunflower seed or light olive oil
1 tsp. ground red chile (opt)
1 tsp. dried Mexican oregano
2 1/2 qt. water
salt



Note: 1. You can find juniper berries in the spice section of food markets. 2. Soaking beans overnight gets rid of about 70 percent of the gases. Also be sure to drain off the water that you soak the beans in and rinse well. Then cook with fresh water. Sort through the beans, rinse them well, cover them with cold water, and set them aside for six hours or overnight.

Bruise the seeds and berries in a mortar, and chop the onion into small squares.

Warm the oil in a wide-bottomed soup pot; add the onions, coriander seeds, juniper berries, chile and oregano. Cook together over medium heat for 3 or 4 minutes, stirring occasionally.

Drain the beans and add them to the pot along with the fresh water. Bring to a boil; then lower the heat and simmer for 40 minutes. Add salt to taste and continue cooking until the beans are as tender as you like them ~ probably another 30 minutes or so. When done, check the seasoning. Serve the beans in a bowl with the broth.

Suggestion: There are lots of tasty additions you can use - cilantro, mint, scallions, sour cream, cheese and so on. But try the beans plain first.

Burning Tree Anasazi Beans

2 cup dried anasazi beans
10 seeds coriander; grind
8 seeds juniper berries; grind
1 Pc onion; chopped
1 Tbl salad oil
1 Tsp red chili powder
1 Tsp oregano; dried
2 1/2 qt Water
1 Tsp Salt
1 cooked black beans optional



Rinse and soak beans overnight. Warm oil in soup pot add onion and spices and cook 3 or 4 minutes. Drain beans and add with water to pot cook until done. Mash beans and cook until thicken to consistency desired. Add cooked black beans if desired.

Breads

Acorn Spice Bread

1 cup flour
1/2 cup acorn flour
1/2 cup sugar
1/2 cup canned pumpkin
2 tsp baking powder
1 tsp baking soda
2 tsp salt
1/2 tsp cinnamon ground
1 tsp nutmeg ground
1 tsp allspice ground
3/4 cup milk
1/3 cup oil
2 pcs eggs
3 tsp sunflower seeds; roasted or raw



Mix first nine (9) ingredients in large bowl and blend well by stirring or sifting them together. In a separate bowl mix milk, oil and eggs until smooth. Add the liquid to the dry ingredients and stir 50 to 70 strokes.

Divide into three well oiled (spay) 3X5 loaf pans. Sprinkle with sunflower seeds and bake for about 35 minutes in a 375 F preheated oven or until inserted tooth pick comes out clean. If you wish to make one large loaf with a 8X4 or 9X5 pan increase your baking time to 45-55 minutes.

Cool for about 20 minutes and remove from pans.

Dried cranberries or nuts may be added to batter. Serve with butter or cream cheese.

Algonquian Nokake

2 cups cornmeal
2 cups water
2 tablespoons butter
2 teaspoons salt
1 tablespoon fresh dill, chopped



Preheat oven to 375° F. Bring water to boil in a saucepan. Add cornmeal, butter, salt, and chopped dill. Place mixture in buttered 8 inch by 8 inch cake pan; bake for 25 minutes or until done. Cut into squares and serve.

Algonquin Sunflower Bread

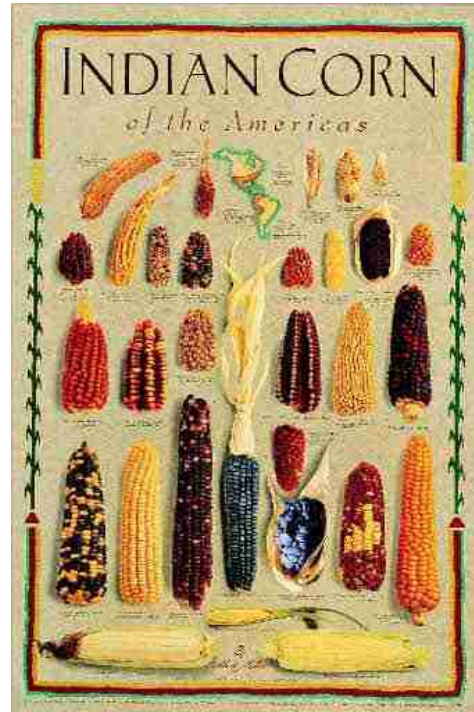
3 1/4 cup sunflower seeds
3 1/4 cup water
2 1/2 teaspoon salt
6 tablespoon corn flour
2/3 cup corn oil



Put the sunflower seeds, water & salt into a pot, cover & let simmer for 1 1/2 hours. When well cooked, crush the seeds to make a paste. Add the corn flour, 1 tablespoon at a time to thicken. Work with your hands; cool a little. Make small, flat pancakes of approximately 5' diameter. Heat oil & fry both sides, adding more oil if necessary. Drain well & eat.

Blue Corn Bread

1 cup sour cream
2 eggs
1 cup blue corn meal
1/2 teaspoon salt
1/2 teaspoon soda
1/2 teaspoon baking powder
1 cup quinoa flour
1/2 cup sugar



Combine sour cream, eggs, and corn meal. Sift remaining ingredients. Mix well. Pour in greased pan. Bake at 350° for 30 minutes.

Blue Corn Bread or Muffins

1 cup blue cornmeal
1 cup all-purpose flour
2 tablespoons sugar
1 tablespoons baking powder
1/2 teaspoon salt
2 large eggs
1 cup milk
1/4 cup butter or margarine



Combine dry ingredients. Beat eggs with milk and blend in butter or margarine. Stir liquids into dry mixture - just to moisten. Spoon into muffin cups (2 1/2' size) Bake in 400 oven until brown and inserted wooden tooth pick comes out clean

Blueberry Cornbread

2 cups all purpose flour
1 cup blue cornmeal
3/4 cups sugar
1 tbl. baking powder
1 tsp salt
1/2 tsp. baking soda
1 cup buttermilk
1/3 cup vegetable oil
2 eggs (large)
1 tsp. vanilla
1 cup fresh or frozen blueberries or huckleberries



Preheat oven to 375 degrees and grease and flour 2 8X3 loaf pans

In a large bowl stir first 6 (dry) ingredients together and set aside. In a medium bowl whisk together the buttermilk, eggs, oil, and vanilla. Gently incorporate the wet mixture into the dry and stir until moistened. Fold in the blueberries and place batter into pans. Bake for 25 to 30 minutes, until toothpick inserted comes out clean. Cool on rack for a few minutes and remove from pans and continue cooling.

Burning Tree Acorn Bread

reads
1 cup acorn flour
1 cup all purpose flour
1 tbl baking powder
1/2 tsp Salt
3 tbl Sugar
1 pc egg; beaten
1 cup milk
1 tbl oil



Mix together, acorn meal, white flour, baking powder, salt and sugar. In separate bowl, mix together egg, milk, and oil. Combine dry ingredients and liquid ingredients. Stir just enough to moisten dry ingredients. Pour into a greased pan and bake at 400F. for 30 minutes. NOTE: Acorn flour purchased at any Korean Store.

Burning Tree Adobe Bread

1 package dry yeast (1/4 oz)
1/4 cup warm water
2 tablespoons melted lard or shortening
1 teaspoon salt
4 1/2 cups flour
1 cup water



1. Soften the yeast in the warm water in a large bowl. Then mix in the melted lard or shortening and the salt. 2. Add the flour alternately with the water, sifting the flour a little at a time and beating well after each addition to make a smooth mixture. You will probably have to knead in the final cup of flour. 3. Shape the dough into a ball, and place in a greased bowl, brush lightly with melted lard or shortening, cover with a dry cloth, and set in a warm place to rise for about 1 hour. 4. When the dough has doubled in bulk, punch down, turn onto a floured board, and knead for about 5 minutes. Divide into two equal parts and shape into two round loaves on a well-oiled board or greased baking tin. 5. Cover the loaves with a dry cloth, set in a warm place and let rise for 15 minutes. 6. Bake the bread in a hot oven, 400F, for 50 minutes or until the loaves are lightly browned and sound hollow when thumped. Cool, cut into wedges before serving.

Indian Mothers Bread

2 cup flour
1/2 teaspoon baking powder
1 teaspoon salt
milk (enough to mix)



Mix all ingredients. Divide the dough into parts and shape each into round pone about the size of your skillet and 1/8th of an inch thick. Fry the bread in about 1/4 inch hot cooking oil until golden brown on each side. Cut into wedges and serve hot. Delicious with butter, jams or other sweet spreads.

Missiagan -Pakwejigan (Sunflower Bannock)

3 1/4 cup sunflower seeds
3 1/4 cup water
2 1/2 tsp salt
6 tbl corn flour
2/3 cup corn oil



Put the sunflower seeds, water & salt into a pot, cover & let simmer for 1 1/2 hours. When well cooked, crush the seeds to make a paste. Add the corn flour, 1 tablespoon at a time to thicken. Work with your hands; cool a little. Make small, flat pancakes of approximately 5' diameter. Heat oil & fry both sides, adding more oil if necessary. Drain well & eat.

Pueblo Pumpkin Pinion Nut Sweetbread

1 1/2 cups unbleached flour
1 cup finely mashed or pureed pumpkin
3/4 cup brown sugar
1/2 cup melted butter (1 stick)
2 eggs beaten foamy
1 tsp baking powder
1 tsp cinnamon
1 tsp grated nutmeg
1/2 tsp salt
3/4 cup pine nuts



Rio Grande pueblo peoples tradition; they serve a variant of the sweetbread to parties of nut-pickers; in September when pinion being picked from the mountain slope; trees. families camp for the night in traditional areas reserved to clans. In the recipe you can use either cooking-type pumpkin (these necks and thick, meaty bodies, not like jack o' lantern, plump sweet bright orange squash, like butternut or canned pumpkin preheat oven to 350. In a mixing bowl, combine flour, salt, baking powder, sugar, spices. stir in pumpkin, eggs, butter. stir pumpkin into thick batter. scrape into a greased 6 x 9 loaf pan. Bake 1 hour or until knife inserted in bread comes out clean. This sweetish, spicy bread goes well with soups, stews, and can be a dessert, especially if you cut it apart and put yogurt and applesauce over it.

Tsa La Gi Bean Bread

1 recipe cornmeal
1 cooking juice from beans
1 corn husks
1 garlic salt



My husband is Tsa la gi and he gave me an old recipe for making bean bread that just says to mix the beans with some of the juice into the cornmeal. Well, I did that until it looked about the right consistency to me and used corn husks to wrap them up and held them together with a toothpick. Like you, I had no idea how long to cook them since the recipe just says to boil until done. Well, I figured 20 -30 minutes would probably be about right. I tested one and it seemed done to me so I let my husband taste and he said they tasted like they were supposed to so I must have guessed right. And I guess you know not to put salt in the mixture or it will just fall apart. Season afterwards. Instead of salt I put a little garlic salt on mine and liked it real well. Just give it a try and see what happens

Wolfman's Apple Crumble Bannock

bannock (see below for filling)
750 grams cake flour
500 grams vegetable shortening
250 ml water
15 grams salt
30 grams brown sugar
apple filling for crumble
1500 grams apples
10 ml lemon juice
125 grams brown sugar
125 grams sugar
1 teaspoon cinnamon
80 grams butter
30 grams brown sugar
40 grams oat flakes
50 grams cornstarch
2 medium eggs -- for eggwash



Bannock: 1. Mix flour and shortening and rub until mealy or pea size nuggets 2. Mix in cold water, and blend, let rest dust with hard flour 3. Roll out dough and let rest before filling 4. Once filled bake at 400°F until brown Filling: 1. Peel and slice apples add lemon 2. Blend sugar starch and cinnamon add to apple mixture 3. Fill shell and mix butter oats and brown sugar, top. 4. Fold over edges and bake with an egg wash at 400°F or until golden brown

Burning Tree

Burning Tree Native Grill Menu

Specializing in Contemporary Native American Cuisine
Restaurant operated ten years; closed in 2003



Appetizers

Navajo Fry Bread \$3.99

A flat bread rolled from fresh dough and fried to a golden brown. Served with Wild Honey.

Sautéed Mushrooms with Wild Onions \$6.99

Fresh mushrooms and wild onions sautéed with Dandelion Wine, butter, and garlic.

Texas Coast Green Mussels \$7.99

A pile of mussels sautéed with lemon, butter, white wine, red pepper, and garlic.

Kumeyaay Melt \$7.99

Succulent roast pork, fresh Native Salsa, and melted cheese in a large tortilla.

Tecate Train Wreck \$9.99

A pile of chips topped with seasoned ground beef, beans, shredded lettuce, tomatoes, onions, shredded cheese, and fresh Native Salsa. (Enough for 2-4). You've never seen a mess that tasted so good.

Comanche Fried Frog's Legs \$10.99

Taken from a traditional tribal recipe, tender frog's legs seasoned and pan-fried with a light crust; a delicacy to please any gourmet. Available as an entree with soup, salad, sides, and dessert for \$14.99

On the Lighter Side

Navajo Chicken Salad \$9.99

A large salad of fresh wild and mixed greens, topped with lightly breaded breast of chicken, all served over fresh Navajo Fry Bread, with our House Blackberry Vinaigrette Dressing on the side.

Pueblo Supper \$7.99

A tureen of House Soup, a Garden Salad, and fresh Navajo Fry Bread, served on a large platter.

House Side Salad \$3.99 House Soup, Bowl \$3.99 Tureen \$4.99

Top Sirloin Steak with Roasted Pepper and Juniper Berry Sauce Half pound of Choice top sirloin grilled over wood. Sirloin is lean and savory, we recommend it not be cooked over Medium Well. \$12.99

Ember Grilled Rib Eye Steak The Chief of Steaks, USDA Choice Rib Eye, cut to your specification. 8 to 32 oz., \$1.87 per oz. (8 oz. - \$14.99, 10 oz. - \$18.70, 14 oz. - \$26.18)

Rocky Mountain Filet of Beef A thick cut of beef tenderloin, wrapped in Bacon of Colorado Wild Boar, grilled over wood, with a Cracked Peppercorn Cream Sauce. \$21.99

Sirloin of Buffalo A generous cut of native bison top sirloin, grilled with a Lime Juice and Native Spice rub. Buffalo is a very lean, flavorful cousin of beef; a wonderful health choice, best medium rare or less. \$24.99

Hunter's Stew A Burning Tree favorite - a hearty stew of venison, rabbit, wild onions, potatoes, carrots, and mushrooms, slowly cooked to mouth watering perfection. \$12.99

Rosemary Grilled Rack of Wild Lamb The finest rack of lamb, free range and grazed on Mesquite and Sage, tender and mild, grilled with Rosemary, and Azafran (Native American Saffron). \$16.99 Half Rack, \$29.99 Full Rack

Charbroiled Hamburger Dinner A half pound cheeseburger, served with lettuce, tomato and onion on the side, with French Fries. And since it's dinner time, we include Soup, Salad, and our House Dessert. \$9.99

Lakota Warrior's Red Rice and Pork Tender loin of pork sautéed with Lakota Red Rice; rice cooked with tomatoes and fresh herbs. \$13.99

Breast of Chicken with Hickory Nut and Ancho Chile Sauce Boneless breast of chicken smoked on our wood fire grill and served with a delicately piquant sauce of roasted Hickory Nuts and mild roasted Chiles. \$12.99

Skokomish Huckleberry Glazed Duck Half of a young duckling served on the bone, roasted and glazed with a wild huckleberry sauce. \$15.99

Smoked Prairie Chicken with Lakota Red Rice Savory whole free range prairie chicken smoked over oak and served on the bone over Lakota Red Rice. \$14.99

Broiled Quail with Wolfberry Chutney A brace of whole quail broiled over wood and served with a sweet preserve of wild wolfberries. \$13.99

Rabbit Pan Fried with Blue Cornmeal Tender rabbit fried with a breading of blue cornmeal and fresh herbs. \$14.99

Chippewa Broiled Trout Fresh from the stream, a whole Rainbow Trout stuffed with aromatic vegetables and broiled on our wood fire grill. \$13.99

Stuffed Fillet of Salmon on Azafran Sauce Boneless salmon fillet stuffed with a medley of shrimp, crab, and scallops and served over savory Azafran Sauce (Azafran is also known as Native American Saffron.) \$15.99

Dandelion Shrimp Succulent shrimp sautéed with Dandelion wine, a Roasted Red Pepper Reduction, and Sliced Cactus. \$15.99

Gulf Coast Mixed Grill Platter Half Pound Top Sirloin Steak, with a pile of Green Mussels, and Sautéed Shrimp. \$29.99

Burning Tree Wood Fired Grill

**1 unit three well Chinese wok
3 pcs round grills (BBQ Galore)
3 pcs woks 24 inch
3 pcs wok lids
wood smoke chips**



This cooking system was developed for Burning Tree Native Grill to simulate, in a commercial kitchen environment, wood fire cooking. By Using the gas fired wok high temperatures can be attained and maintained with no gas flames near the food. The wok acts as a base for wood chips which smoke due to high temperature but do not flame. The cooking is actually accomplished with the heat generated by the gas flames beneath the wok. Only a few ounces of wood chips are needed to develop smoke flavor. Changing wood type and flavor can be accomplished dish by dish. With a three wok stove you can cook three different smoked favored items simultaneously. Cooking is done on the grill which is supported by the rims of the wok and a center support built into the grill for moving it up and down. This grill is manufactured for campground and campground type of BBQ pits. A wok cover is used for increasing heat and holding the wood smoke in.

A wok configuration without the grill can be used for pot cooking and frying such as fry bread.

Cakes

Abenaki Cornmeal-Cranberry Pancakes

**10 tablespoons butter, cut into chunks, plus more;
for greasing pan**
2 cups milk
4 large eggs
2 cups flour
1/2 cup yellow cornmeal
2 tablespoons sugar
2 tablespoons plus 2 teaspoons baking powder
1 1/2 teaspoons salt
1 1/4 cups chopped fresh cranberries
maple syrup



1. Make the pancakes: In a saucepan over medium-low heat, heat the butter and milk until the butter melts. Set aside until lukewarm, about 15 minutes. Beat the eggs in a medium bowl. Slowly stir in 1/2 cup of the warm milk mixture (it cannot be hot, or it will cook the eggs). Pour in the remaining milk mixture and stir to combine.
2. In a large bowl, whisk together the flour, cornmeal, sugar, baking powder and salt. Pour the egg mixture into the flour mixture a little at a time, stirring slowly, just until the dry ingredients are well moistened. The batter should be lumpy and will start to bubble.
3. Heat a griddle or skillet over medium-high heat until a few drops of water sprinkled on it sizzle. Lightly grease the pan with butter, then add 3 to 4 tablespoons batter to make a 4-inch pancake. As soon as the batter sets, sprinkle the top with cranberries. Cook until bubbles break on the surface. Flip and cook for another 30 seconds, or until the bottom is lightly browned. Repeat, buttering the pan and adjusting the heat as needed. Serve with maple syrup.

Allene's Southwest Cheesecake

1 cup graham cracker crumbs
1/2 cup mesquite meal
6 tb. melted butter or margarine
2/3 cup mesquite or clover honey, divided
1/2 tsp. ground cinnamon
3 (8-oz.) packages cream cheese, softened
2 tsp. pure vanilla extract
3 large eggs
1 cup sour cream
prickly pear syrup (recipe below)
2 ripe, unblemished prickly pears or; peaches
prickly pear syrup
12 prickly pears
1/4 c honey



Preheat oven to 350°F. In a mixing bowl, combine graham cracker crumbs, mesquite meal, butter, 1 tablespoon honey, and cinnamon. Using fingers, press mixture evenly on bottom and half way up sides of 9-inch spring-form pan. Set aside. In large mixing bowl, with mixer at high speed, beat cream cheese, remaining honey, and vanilla until creamy. Beat in eggs, one at a time, mixing well. Stir in sour cream. Pour batter into crust; bake 50 to 60 minutes, until center sets. Turn off oven, leaving door slightly ajar. Leave cake in oven 1 hour; remove and allow to cool. Chill at least 2 hours; then prepare glaze and peel and slice pears/peaches. Arrange pears/peaches on top of cake and spoon over glaze. Return to refrigerator until ready to serve.

Syrup: Wash and cut each prickly pear into quarters, leaving the skins on. Place the fruit in a food processor and process until pulpy and thoroughly blended. Press the liquid through a fine sieve; discard skin and seeds. Put the prickly pear juice into a saucepan with the honey and bring to a boil over medium-high heat. Reduce the heat and let simmer 10 minutes, until the mixture has thickened. Remove from the heat and let cool. The syrup will thicken further as it cools. The syrup may be stored in the refrigerator for up to 1 week. Prickly pears have a sweet, tangy flavor that makes a delicious syrup, excellent with the Pinion and Blue Cornmeal Hotcakes and also a wonderful topping for the Corn and Honey Pastel Ice or Picuris Indian Bread Pudding.

American Indian Cold Christmas Cake

1 lb pecans or walnuts, chopped
1 lb shredded moist coconut
1 lb raisins
1 lb vanilla wafers
1 regular can sweetened
1 condensed milk



Combine dry ingredients well. Pour in sweetened condensed milk and work through with hands so that dry ingredients are thoroughly saturated. Press into spring foam pan. Refrigerate for 2 days. My Cherokee ancestors used hazelnuts, dates and thick goats milk, then wrapped the cake in watertight leaves bound with vine and placed in cold running stream for several days. This is delicious and easy.

Basic Yellow Mesquite Cake

2 1/4 c. flour
3/4 c. mesquite flour
2 1/2 tsp. baking powder
1/2 tbsp. salt
3/4 c. oil or non-dairy margarine
1 1/3 c. sugar
2 tsp. vanilla extract
1 1/3 c. milk



Mesquite flour will give a delicate and distinctive flavor to your cakes. Sift the flours, salt, and baking powder in a bowl. Beat the sugar, vanilla, and oil or margarine in a separate bowl. Mix slowly the content of the 2 bowls, and the milk. Beat until smooth. Pour the batter into 2 greased 9-inch round cake pans. Bake for 30 minutes in a pre-heated, 350 degrees F oven. Note: mesquite flour can be purchased in health food stores or on the internet.

Bluecorn-Pinon Pancakes with Cranberry Compote

cranberry-pinon compote:
1 tablespoon unsalted butter
1/3 cup pine nuts
1 cup whole cranberry sauce
1 to 2 tablespoons light corn syrup
1/4 teaspoon ground Mexican cinnamon (canela)
or; other ground cinnamon
1 drop pure almond extract

pancakes:
1 1/4 cups pine nuts
3/4 cup unbleached all-purpose flour
1/2 cup blue cornmeal
1 tablespoon sugar
3/4 teaspoon baking powder
3/4 teaspoon salt
2 tablespoons unsalted butter, melted
2 large eggs
1 1/4 cups milk
2 drops pure almond extract
vegetable oil, for pan frying



Cook Time: 30 minutes Prepare the compote: Warm the butter in a small skillet over medium heat. Stir in the pine nuts and sauté until lightly toasted, about 2 minutes. Watch the nuts carefully; they will continue cooking off of the heat and can burn easily. In a saucepan, combine the cranberry sauce, corn syrup, cinnamon, and almond extract. Bring to a simmer over medium heat, reduce the heat to low. Stir in the pine nuts. Keep the compote warm or let it cool to room temperature. Start the pancake batter, placing 3/4 cup of the nuts in a food processor and pulsing briefly until ground. Avoid processing the nuts so long that they turn to butter. Add the flour, cornmeal, sugar, baking powder, and salt and pulse to combine just until a coarse meal forms. Spoon the mixture into a large bowl and stir in the butter until it disappears. Add the eggs, milk, almond extract, and remaining nuts. Warm a griddle or a large heavy skillet over medium heat. Pour a thin film of oil onto the griddle. Pour or spoon out the batter onto the hot griddle, where it should sizzle and hiss. A generous 3 tablespoons of batter will make a 4 -inch pancake. Make as many cakes as you can fit without crowding. Cook the pancakes until their top surface is covered in tiny bubbles but before all the bubbles pop, 1 to 2 minutes. Flip the pancakes and cook until the second side is golden brown, 1 to 2 minutes longer. Repeat with the remaining batter, adding a bit more oil to the griddle as needed. Serve the pancakes immediately, accompanied with the warm compote.

Burning Tree Wojapi and Wild Honey Cakes

blueberry wojapi
5 cups blueberries
water to cover
1 cup sugar
1/2 cup cornstarch (mixed with water)
2 tbl lemon juice
wild honey cake
1 cup water
1/3 cup wild honey
1/3 cup oil
3 eggs
1 box Duncan Hines yellow cake mix
1/3 cup mesquite flour
2 tbl flour (add only at high altitude)
glaze
1/4 cup wild honey
1/4 cup orange juice
1/4 cup sun flower seeds



Wojapi: add sugar and water to blueberries, cover and simmer until cooked. Add cornstarch water mixture slowly while stirring until thick. Add lemon juice. Cool and blend with a blender until smooth.

Mix first four ingredients then add mix, mesquite and flour (if needed). Mix slowly until smooth then beat 2 minutes at medium speed. Pour into cupcake pans and bake at 375F, about 15 -18 minutes. Mix glaze and use while cupcakes are hot and sprinkle with sunflower seeds. To assemble dessert (all served cold). On a dessert dish make a design with wojapi using a squeeze bottle place one cupcake in middle of design, top with a little whip cream and a sprig of mint

Cherokee Huckleberry-Honey Cake

1/2 c. butter, softened
1/2 c. sugar
1/2 c. honey
3 eggs, beaten
1/2 c. milk
1 1/2 c. plus 1 tbsp unbleached flour
2 t. baking powder
1/8 t. salt
1 c. fresh huckleberries or blueberries; or frozen/canned



preheat oven to 350 f. in a mixing bowl, cream together butter, sugar and honey. beat in eggs and milk. sift in 1 1/2 c. flour, baking powder, and salt. combine thoroughly. in a small bowl, toss berries with remaining flour. gently fold berries into batter. pour batter into a 5x9 inch loaf pan. bake for about 1 hour, until the cake is golden brown and a knife inserted in the center comes out clean. note - huckleberries and blueberries are members of the same family, but huckleberries are smaller and darker. both berries were a major source of food for the southeastern tribes, who ate them fresh, stewed, and cooked with meat (pemmican). large quantities were also dried for winter use. some early scottish and English traders married into the leading Cherokee families and their love of baked goods is apparent in the pies, cakes, and cobblers that are very much a part of the Indian cooking

Cranberry Pumpkin Cake

1/2 cup chopped walnuts
3 tablespoons brown sugar
1 1/2 tablespoons toasted wheat germ
1/4 teaspoon pumpkin-pie spice
1 cup all-purpose flour
1/2 cup whole wheat flour
1/2 cup toasted wheat germ
2 teaspoons baking powder
1 teaspoon pumpkin-pie spice
3/4 teaspoon salt
1/4 teaspoon baking soda
1 cup plain fat-free yogurt
3/4 cup canned pumpkin
1/2 cup packed brown sugar
2 tablespoons vegetable oil
1 large egg
**1/2 cup sweetened dried cranberries (example:
craisins)**
1 teaspoon grated orange rind
cooking spray



Preheat oven to 350 degrees F. combine first 4 ingredients in a small bowl; stir and set aside. Combine flours and the next 5 ingredients in a medium bowl; make a well in center of mixture. Combine yogurt, pumpkin, 1/2 cup brown sugar, oil and egg; stir well with a whisk. Add to flour mixture, stirring just until moist. Fold in cranberries and orange rind. Spoon batter into a 13x9 inch cake pan coated with cooking spray. Sprinkle with walnut mixture. Bake at 350 degrees for 25 minutes. Cool on a wire rack.

Huckleberry Upside-Down Cornmeal Cakes

**3/4 stick (6 tabl) butter cold unsalted , cut into;
tablespoon pieces
plus butter additional for greasing
1 qt huckleberries
1/3 cup packed light brown sugar
1 teaspoon fresh lemon juice
1/2 cup coarsely chopped pecans (1 3/4 oz)
3/4 cup all-purpose flour
1/2 cup yellow cornmeal
1/3 cup granulated sugar
2 teaspoons baking powder
1/4 teaspoon salt
1 large egg
3/4 cup whole milk**



You may want to double this recipe the apple-walnut topping and whipped cream make these cakes disappear fast. Special equipment: a muffin pan with 6 (1-cup) muffin cups

Accompaniment: lightly sweetened whipped cream

Put oven rack in upper third of oven and preheat oven to 425°F. Butter muffin cups.

Heat 2 tablespoons butter in a 12-inch heavy skillet over moderate heat until foam subsides, then add huckleberries brown sugar, and lemon juice, stirring occasionally, until liquid is reduced to a glaze, 5 to 6 minutes.

Stir in pecans and divide huckleberry mixture among muffin cups.

Pulse together flour, cornmeal, granulated sugar, baking powder, and salt in a food processor until combined. Add remaining 4 tablespoons butter and pulse until mixture resembles coarse meal with some small (roughly pea -size) butter lumps.

Whisk together egg and milk in a large bowl. Add flour mixture and whisk until just combined.

Divide batter among muffin cups and bake until golden and a wooden pick or skewer inserted into center of a cake comes out clean, 15 to 20 minutes.

Run a paring knife around edge of each cake to loosen. Invert rack over muffin cups, then invert cakes onto rack. Serve warm with a dollop of whipped cream.

Sweet Potato Waffles/Cranberry Syrup And Hazelnut Butter

1 12 oz. sweet potato
1 1/4 c. flour
1/4 corn meal
2 t. sugar
2 1/2 tsp. baking powder
1/2 tsp. salt
3 lg. eggs, separated
1 1/4 c. milk
2 t. butter, melted
cranberry syrup*
1 c. cranberries
1 c. water
1/2 c. sugar
1/4 c. pure maple syrup
hazelnut butter*
1 stick unsalted butter, softened
1/4 c. hazelnuts, toasted and chopped
1 t. honey
1/4 tsp. pumpkin pie spice



To prepare the waffles: Prick sweet potato with a fork and microwave on high until soft. Cut in half and scoop onto a plate. Mash until smooth, measure 1 cup and let cool.* Combine flour, corn meal, sugar, baking powder and salt in a large bowl. Whisk egg yolks, milk, butter, and sweet potato until blended. Beat egg whites on medium -high speed until stiff but not dry. Add sweet potato mixture to dry ingredients; stir just until moistened; fold in the egg whites. Heat a waffle iron. Add 1/2 cup batter and cook according to manufacturer's directions. Serve hot with Cranberry Syrup and Hazelnut Butter.

To prepare Cranberry Syrup: In a medium saucepan, combine cranberries, water and sugar and bring to a boil; reduce heat to medium-high and boil 10 minutes. Puree in a food processor until smooth and strain through a sieve into a small bowl, then stir in the maple syrup.

To make Hazelnut Butter: Stir butter until fluffy then add the nuts, honey and spice.

Candies

Ah-Gee-Chum-Buh-Gee Candy (Creek)

1 lb dried fruit
2 tablespoons brown sugar
2 cups corn meal, well sifted



Cook fruit about half done in water that is 1.5' over the fruit. Pour scalding hot fruit over meal, Soup [liquid] and all. If meal is not soft enough to hold it's shape with the fruit and soup, add Boiling water. Mold into round oblongs and wrap in corn husks longwise. Tie each end and two Or three sections in the middle, drop into boiling water and cook covered until done. These were Made especially for Indian children to be eaten between meals, like candy or cookies.

Cookies

Christmas Cherokee Yam Cakes

1 cup mashed yams or sweet potatoes
2 cups sifted flour
1 1/2 tablespoons sugar
1 teaspoon cinnamon
1 1/2 teaspoons salt
2 1/2 teaspoons baking powder
1/2 cup salad oil
1/2 cup milk
1/2 cup dried cranberries



Sift flour, baking soda, 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 fork until mixture holds together. Turn dough out onto a floured board and knead gently until smooth (about 12 kneading strokes). Roll dough about 1/4" thick and cut into rounds with floured biscuit cutter. Place rounds on a baking sheet. Bake at 425° for 10-20 minutes.

Cornmeal Cookies (Se-Lu I-Sa U-Ga-Na-S-Da)

cream together:
3/4 cup margarine
3/4 cup sugar
add the following ingredients until smooth:
1 egg
1 tsp. vanilla
add and mix well:
1 1/2 cup flour
1/2 cup cornmeal
1 tsp. baking powder
1/4 tsp. salt
optional:
1/2 cup raisins



Drop dough from tablespoon on a greased cookie sheet. Bake at 350 Degrees about 15 minutes until lightly browned

Mesquite Oatmeal Cookies

2 cup whole wheat flour
1 cup sugar
3/8 cup mesquite meal*
2 eggs
1 cup oats
1 cup margarine or butter
2 teaspoon baking soda
1/2 cup chopped nuts
2 teaspoon baking powder

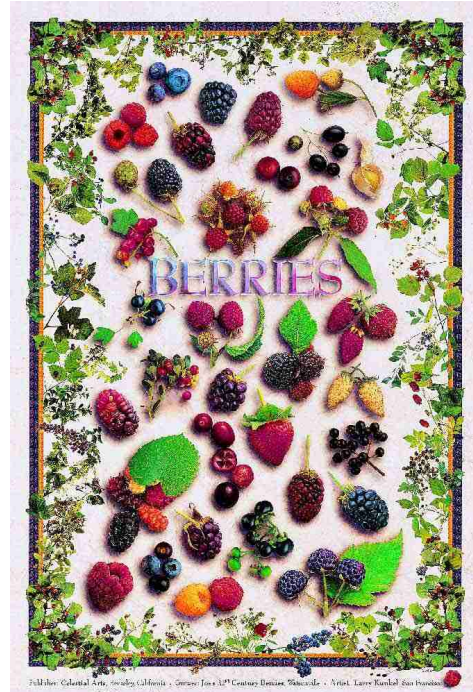


Preheat oven to 400 degrees F. Blend first five dry ingredients (flour, meal, oats, soda and baking powder) in medium bowl. Blend margarine (or butter) and sugar, add eggs. Combine all ingredients until well blended. Drop on un-greased cookie sheet. Bake by rounded teaspoons for 25 minutes or until lightly browned.* Obtain on internet from Promez or other supplier of mesquite meal.

Desserts

Berries & Wild Rice

1 cup wild rice
1 cup fresh cranberries
3 cups water
1 cup fresh blueberries
1 cup fresh raspberries²
1/2 cup maple syrup³
cinnamon to taste (approx. 1/2 teaspoon)



Cook rice and cranberries in water until rice is done. Take rice off heat and let sit for about 5 minutes (until all the water is soaked up by the rice). Mix in the remaining berries, maple syrup, and cinnamon. Can be eaten warm or cold. 1. If fresh cranberries are not available, substitute 1/2 cup dried cranberries. 2. If fresh raspberries are not available, substitute whole frozen raspberries. Avoid raspberries frozen in any kind of syrup. 3. You must use real maple syrup - not syrup that has been 'flavored.' Real maple syrup is a common addition to Native American recipes.

Blueberry Moccasin

1 c. water
1 c. cranberry juice
1 1/2 c. sugar
1 1/2 sticks butter or margarine
cinnamon
1 can blueberry pie filling
10 12 flour tortillas



Put one heaping tablespoon of blueberry pie filling on each tortilla and roll up . Place in Pyrex dish. Sprinkle with cinnamon. Boil water, juice, butter and sugar. Pour part of mixture over tortillas. Bake at 350 degrees for 40 minutes. Baste every 10-15 minutes with mixture. Let stand before serving.

Cherokee Nation Grape Dumplings

1 cup flour
1-1/2 teaspoon baking powder
2 teaspoons sugar
1/4 teaspoon salt
1 tbsp shortening
1/2 cup grape juice



Mix flour, baking powder, sugar, salt and shortening. Add juice and mix into stiff dough. Roll dough very thin on floured board and cut into strips 1/2-inch wide (or roll dough in hands and break off pea-sized bits). Drop into boiling grape juice and cook for 10 - 12 minutes.

Huckleberry Spirals

1/2 cup butter
1 cup sugar
1/2 teaspoon baking powder
1 egg
3 tablespoons milk
1 teaspoon vanilla
2 3/4 cups flour
1 cup huckleberry jam
1/2 cup ground hazelnuts or almonds
powdered sugar -- optional



In a large mixing bowl beat butter with an electric mixer on med. -high speed for 30 sec. Add the sugar and baking powder. Beat until combined. Beat in the egg, milk and vanilla until combined. Beat in as much of the flour as you can with the mixer. Stir in remaining flour. Divide dough in half. Roll each half between 2 sheets of waxed paper into a 12x8' rectangle. Remove top sheet of waxed paper. Combine jam and ground nuts. Spread half of filling over a dough rectangle to within 1/2' of edges. From a long side, roll jelly-roll style, removing waxed paper as you roll. Press edges to seal. Wrap filled roll in waxed paper or clear plastic wrap. Repeat with remaining dough and filling. Chill rolls in the refrigerator for at least 4 hours or up to 48 hours. Line cookie sheets with foil. Grease the foil. Cut filled rolls into 1/4' slices. Place slices 2' apart on prepared cookie sheets. Bake at 375 degrees for 10-12 min. or until edges are firm and bottoms are lightly browned. Cool on cookie sheets for 1 min. Transfer cookies to a wire rack to cool. If desired, before serving, sift powdered sugar lightly onto cooled cookies.

Norma's Pueblo Prune and Apple Pastelito

filling:

1 12 ounce package pitted prunes

3 to 4 cups water

3 to 4 ounces dried apple slices

1/2 teaspoon ground cinnamon

1/2 teaspoon pure vanilla extract

1/4 teaspoon ground allspice

3/4 to 1 1/2 cups sugar, to fast

crust:

2 to 2 1/4 cups all-purpose flour

10 tablespoons pure vegetable shortening (1/2 pound;)

1/2 cup cold water mixed with 1/2 teaspoon; cider vinegar

2 to 3 tablespoons cinnamon sugar



To make the tilling: Place prunes and water in a large saucepan and bring to a boil over medium-high heat. Reduce heat to medium-low and simmer until prunes have softened, 15 to 20 minutes. Remove the prunes with a slotted spoon and drain well. Add the dried apple slices to the prune liquid and simmer until softened, about 15 minutes. Drain well, discarding the liquid; dice the apples and reserve. Mash the prunes. Stir in the cinnamon, vanilla and allspice. Add sugar to taste. Stir in the diced apples. To make the crust: Place 2 cups of the flour in a medium-size mixing bowl. Using a pastry blender or your fingertips, cut the shortening into the flour until the mixture resembles coarse meal. Using your hands or a fork, gradually add in the water-vinegar mixture. Knead the dough gently until supple, divide it in half, and gather it into two rounds. If not using immediately, wrap the dough in plastic wrap and refrigerate. Remove the dough from the refrigerator 20 to 30 minutes before rolling it out. To assemble and bake the pie: Preheat the oven to 350° F. On a lightly floured surface, roll one round of dough into a circle about 5/8-inch thick and large enough to line a 12-inch pizza pan. Gently press the dough into the pan. Prick the crust in several places with the tines of a fork. Spread the filling evenly over the crust. Roll out the top crust and place it over the filling. Trim any overhanging dough and flute the edges of the pie. Use the points of kitchen scissors or a sharp knife to make decorative slashes in the top crust. Sprinkle with cinnamon sugar. Bake on the middle shelf of the oven until golden brown, about 40 minutes. Remove from oven and allow to cool. Use a pizza wheel or sharp knife to divide pie into squares. As an alternative to a single pie, you can make empanaditas. Roll the dough 1/8-inch thick and cut into 6-inch circles. Place 2 tablespoons of filling in the middle of each circle and fold the dough over it to make a turnover. Seal edges by fluting or pressing together with the tines of a fork. Sprinkle with cinnamon sugar and bake in a preheated 350 F oven until golden brown, 15 to 25 minutes.

Fish

Burning Tree Grilled Tuna Ramps Anasazi Beans

4 pc tuna steaks; 1 inch thick
1/2 cup anasazi beans soaked 2 hours drain;
cooked
8 pc ramps fresh
4 pc tomato
1 tsp rice wine vinigar
salt to taste
2 tsp black pepper; fresh ground
1 cup olive oil



Preheat grill to high

Cover beans with cold water simmer over medium heat for about one hour. Check after 45 minutes for doneness. Salt to taste. They should be soft but with just a slight bite to them. Remove from heat and drain. If not used immediately chill in ice water and reserve.

Toss the tomatoes in approximately 1/2 T. of the salt and 1 tsp. of the pepper and 1/4 cup of the olive oil. Grill over high heat turning often until charred all the way around. Remove from heat and cover in a bowl until soft all the way through.

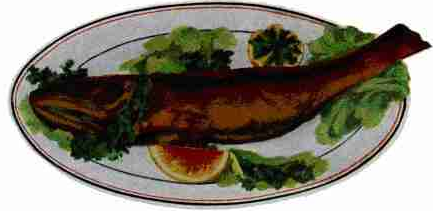
Combine tomatoes, 1 tsp of pepper and the rice wine vinegar in a food processor and puree. Slowly add all but one T. of the olive oil until well incorporated. Adjust the seasonings and reserve.

Rub the tuna steaks and the ramps with the olive oil, salt and pepper and grill the tuna for only about two minutes per side. The ramps should be grilled for about the same time or until soft.

To serve: place a mound of the (warm) beans in the center of four plates. Slice the tuna into about 5 slices and fan over the beans. Drizzle the vinaigrette around the plate and top everything with two grilled ramps on

Fillet of Trout with Pine Nuts and Ramps

1 1/2 tablespoons pine nuts
2 tablespoons unsalted butter
1 1/2 teaspoons minced fresh ramps or leeks
2 pcs 6 ounce trout fillets
seasoned blue cornmeal for dredging
lemon wedges



In a non-stick skillet sauté pine nuts in 1 tablespoon of butter over moderately high heat, stirring, until golden. Add ramps or leeks.. Remove skillet from heat and transfer mixture with slotted spoon to a bowl. Season trout with salt and pepper and dredge in corn meal, shaking off excess. In the skillet heat remaining tablespoon of butter over moderately high heat until foam subsides and sauté trout until done, about 1 minute on each side. Transfer trout to plates and spoon pine nut mixture over it. Serve with lemon wedges

Native Style Salmon Bake

1 whole salmon (6 to 8 lb.), book filleted; (see notes)
1 cup rock salt
1 cup firmly packed brown sugar
3/4 teaspoon white pepper
frame (see instructions below)
2 tablespoons butter or margarine, melted
2 tablespoons lemon juice
lemon wedges



The tradition of the Indian salmon bake has deep roots in the Northwest. For centuries, Native Americans such as the Makah and S'Klallam have cooked salmon on a wood frame before an open fire. The practice is so widespread that no individual tribe lays claim to the technique, but typically, a straight, strong branch of cedar or ironwood is split lengthwise at one end, then the boned salmon is fitted into the split. To hold the fish flat so it will cook evenly, additional sticks are woven over and under the salmon at right angles to the branch. Notes: Order salmon with head, tail, and back fin trimmed. Also have salmon butter flined from stomach side without separating fillets along the back, then boned (but not skinned). Any white membrane from belly area of fish should be trimmed. (All of this can be done at the market.) This shape is called a book fillet.

1. Rinse salmon and pat dry. Mix rock salt, brown sugar, and white pepper. Spread half of the mixture over bottom of a 12- by 17-inch pan lined with plastic wrap. Lay fish, skin down, on salt mixture. Pat remaining mixture over salmon. Cover and chill 2 to 4 hours. Lift fish from pan, rinse thoroughly, and pat dry. 2. Meanwhile, select site (A, below), work out frame support (B), and start fire (C). 3. Load salmon onto soaked frame (steps 1 through 7 below). 4. When fire is ready, secure salmon at proper angle over the glowing coals with flesh toward the fire and wide end of fish 1 1/2 to 2 feet from heat (A, below). Check temperature by placing the back of your hand against the fish at the top and the bottom; you should be able to hold your hand in place for only 5 to 6 seconds. Adjust by pushing coals away from fish if too hot, closer if too cool. (To use a gas grill, turn heat to high, tip lid open, position frame over heat, and use your hand to judge cooking temperature. Move fish closer for more heat; turn down gas for less.) 5. Mix butter with lemon juice. Baste fish several times with butter mixture as it cooks. Check heat often. If wood frame starts to smolder, squirt or brush with water. 6. Cook fish until surface turns evenly opaque, 20 to 30 minutes. 7. Handling frame gently (cooked fish breaks up easily), rotate salmon so skin side faces the heat. Secure frame and continue to cook just until fish feels firm to touch, 20 to 30 minutes more, basting several times. 8. Gently lay salmon in frame, skin down, on a large board or platter. Snip wires and gently pull wood

frame from fish. Serve salmon hot or cool. Lift fish pieces off the skin and season with juice from lemon wedges. Putting the salmon on the frame

Purchase frame parts: At a lumberyard, have wood cut to specific lengths. You will need two pine 1-by-1s (each 6 to 7 ft. long), five pieces of 1/4- by 1/2-inch pine screen mold (each 18 in. long), and 2 feet of 22-gauge (or heavier) wire. Fireproof wood: Soak frame pieces in water at least two hours. If you don't have a container long enough to immerse the wood, wrap the parts of the long stakes that will be exposed to fire in a thick layer of wet towels, seal with foil or plastic wrap, and saturate towels as needed.

1. To start, gather the soaked frame pieces, salad oil and a brush, wire, wire cutters, pliers, and fish.
2. Lightly brush salad oil onto a 24-inch section of one side of each of the long stakes, starting at one end. Lightly oil one side of each short wood piece.
3. Lay one long stake on a table, oiled side up. Starting about 5 inches from the end of the oiled part of the stake, lay three short pieces, oiled side up, about 5 inches apart across it.
4. Center salmon, skin down, on frame, wide end pointed toward middle of stake. Adjust short wood pieces so fish overlaps frame by 2 to 3 inches on each end.
5. Lay the two remaining short wood pieces, oiled side down, across the salmon between the short pieces under it -- in effect weaving the fish in place.
6. Place second long stake, oiled side down, directly over the one beneath the salmon. Wrap wire around top ends of stakes and twist tightly to secure.
7. Wrap wire around stakes at the other end of the fish. Twist wire tightly to secure.

The site, frame support, and fire

A. Select a site that is protected from the wind. Set frame at a 45° to 60° angle over the fire, sticking stake ends into a hole to hold it (or lean frame against the barbecue).

B. Use rocks, concrete building blocks, bricks, or bagged sand to brace frame base securely.

C. Build fire (see photo at top of page) in a portable barbecue (20 to 22 in. wide) with a fire grate, vents open: About 2 1/2 hours before serving time, ignite four or five seasoned, split logs (each 4 to 5 in. wide, 12 to 14 in. long) on fire grate. Let wood burn down to medium glowing coals, 1 to 1 1/2 hours; a few low flames are fine. Judge heat by holding your hand where fish will be. When you can barely hold your hand in this spot for five to six seconds, the fire's ready for cooking.

Wolfman's Spelt Flour Encrusted Smoked Fish Croquettes

2 pieces smoked whitefish
1/4 cup red pepper
2 medium egg -- boiled
1 tbsp dill
1 tbsp parsley
1/2 cup flour
1/2 cup mayonnaise
2 medium eggs
1 cup milk
1 cup bread crumbs



1. In a stainless steel bowl mix the smoked fish either flaked or diced with the hard boiled eggs 2. Chop the dill and parsley together, add to the mixture, mix well and form into portion size. 3. Dredge in spelt flour and then egg and milk mixture, and then into the bread crumbs 4. Heat a sauté pan with a small amount of oil gently pan fry for 2-3 minutes on each side. 5. Serve with a julienne of red peppers

Fry Bread

Burning Tree Fry Bread

4 cups flour
3 tbl powder milk
1 tbl baking powder
1 tsp Salt
1/4 cup oil
1 1/2 cups hot water
3 tbl blue corn meal for blue corn frybread



Mix first four ingredients add the oil and hot water and knead slightly as for biscuit dough. Divide into 6 balls of dough, brush with oil and store in air tight container. Punch down the dough ball into flat pancake and cook in hot oil turning once to brown both sides.

Fry Bread Pudding

6 pieces Indian fry bread
1 c sugar
1 c water
1/2 c raisins
1 teaspoon cinnamon
1 c grated mild cheese



Split fry bread into thin halves. Caramelize sugar, then add water to it to form a syrup. Layer fry bread, raisins and cheese. Pour syrup over mixture and bake in a 300-degree oven until all syrup is absorbed.

Pumpkin Frybread

3 cups flour
1 cup pumpkin, canned or fresh pureed
1/2 cup honey
1/2 teaspoon pumpkin pie spices
2 teaspoons baking powder
1/4 teaspoon salt



Combine in a large oiled bowl to form dough. Cover bowl with damp cloth and set aside for a half hour. Use a heavy iron frying pan filled one-third with cooking oil. While oil is heating, form little breads from the dough, palm-size, or whatever is comfortable to handle. When good and hot, fry each piece quickly and remove to drain on paper towels. Sprinkle with powdered sugar and serve warm.

Meats

Acoma Lamb Stew with Cholla Buds

3 tablespoons chopped fresh wild mint*
1/2 cup warm water
1/4 teaspoon azafran*, crumbled
1 2 1/2 to 3lb boneless lamb shoulder, trimmed; cut into 1x1 in cubes
2 tablespoons (or mo olive oil
1 lb ramps or leeks, thinly sliced
4 garlic cloves, minced
1/4 teaspoon ground cumin
1/4 teaspoon chili powder
1 can 14 1/2 oz diced tomatoes in juice
1 cup dried cholla buds*
2 1/2 cups (or more) chicken broth
6 pcs lemonade berry* or; juice of 1/2 lemon



Place 1/2 cup warm water and azafran in small bowl; let stand at least 20 minutes to infuse.

Sprinkle lamb with salt and pepper. Heat 2 tablespoons oil in heavy large pot over medium-high heat. Working in batches, cook lamb until brown on all sides, adding more oil as needed, about 5 minutes per batch. Transfer lamb to large bowl. Pour all but 1 tablespoon fat from pot (or add 1 tablespoon oil if dry); heat pot over medium heat. Add ramps; sprinkle with salt and pepper. Sauté until beginning to brown, about 5 minutes. Add lemonade berry juice or lemon juice, garlic, cumin, and chili. Stir 1 minute. Add saffron mixture; stir, scraping up browned bits. Add tomatoes with juice, cholla buds, and lamb with any juices to pot. Stir to coat. Add 2 1/2 cups broth.

Bring stew to boil. Reduce heat to medium-low, then cover with lid slightly ajar and simmer until meat is tender, stirring occasionally and adding more broth by 1/4 cupfuls as needed if dry, about 1 1/2 hours. Season to taste with salt and pepper. (Can be made 2 days ahead. Cool slightly. Refrigerate uncovered until cold, then cover and chill.)

Bring stew to simmer, thinning with more chicken broth if necessary. Divide stew among 6 plates; Sprinkle with wild mint and place wedge of fry bread alongside each and serve.

*Chefs notes: Cholla buds can be obtained from http://www.heritagefoodsusa.com/what_we_sell/fruits_grains.html or you can replace with artichoke hearts, Brussels sprouts or asparagus. If you use any of these replacements add to stew the last 10 minutes of cooking. Azafran can be obtained in any Mexican market spice rack. Lemonade berry juice boil 6 berries in 1/4 cup water strain and discard berries or replace with lemon juice. American wild mint can be replaced with regular mint leaves from the grocers fresh spice shelf.

Bison Steak with Wild Rice Dressing

1 cup wild rice, uncooked
2 cups water
1 tsp. salt
1 lb. ground buffalo
1/2 cup onions, finely chopped
1/2 cup mushrooms, sliced
5 tbsp. oil
6 slices French bread, crusts removed and cut; bed
1 cup hot beef stock or bouillon
1/4 tsp. sage
freshly ground pepper
6 buffalo t-bone or rib steaks
2 cups red wine
6 tbsp. butter



Wash rice, cover with water, add 1/2 tsp. Salt, bring to a boil, cover and cook over low heat about 45 minutes. Drain well. Preheat oven to 300 degrees F. Brown ground buffalo, onions, and mushrooms in 2 tbs p. oil. Place bread in bowl, cover with stock and let stand till soft. Stir in rice, meat mixture, remaining 1/2 tsp. salt, sage and pepper. Place in greased 2-quart casserole, cover and bake 1 hour. Par broil buffalo steaks quickly in heavy skillet over medium high heat. Transfer steaks to a hot platter. Deglaze skillet with the wine, add butter. Stir thoroughly and pour over steaks. Serve with dressing and fresh cranberries.

Buffalo Stew with Fry Bread Crust

1 lb of buffalo stew meat
1 teaspoon of baking powder
4 potatoes
1/2 teaspoon of salt
1 medium onion
2 tablespoons of oil
seasoning salt
tomato sauce or jar of spaghetti sauce
fry bread dough



Heat the oil in a stew pot, chop the onions add to heated oil. Cook for a couple of minutes. Rinse your stew meat add to the onions add the seasoning salt to taste and add tomato sauce or spaghetti sauce stir well covering all the meat add 1/2 cup of water get it boiling let cook for about 30 minutes add the potatoes, cover and let cook through.

Then make your bread crust. A pinch of sugar gives the bread a yummy taste and makes it softer. Mix all the dry ingredients together then add your liquids make a soft dough roll out on a floured surface when 30 minutes has past take stew off the stove let it cool and let the dough rest for about 10 minutes then put your stew in a deep pie dish or casserole and top with the rolled out dough. Bake for about 20 - 30 minutes.

Buffalo Vegetable Stew

2 lbs buffalo
1/4 cup oil
2 large chopped onions
2 cloves of minced garlic
2 cups of corn
8 cups water
1 tsp. salt
1 tsp. oragano
1/2 tsp. pepper
4 carrots, sliced
3 potatoes, cubed
1 green pepper (optional)



Cut buffalo in cubes, brown in oil. Put meat aside and sauté garlic and onions in the buffalo oil. Return the meat into pan, add water, corn, salt, pepper. Cook for 2 hours, or until meat tender. Add the vegetables and continue to cook until done, about 30 minutes.

Chippewa Buffalo & Wild Rice Casserole

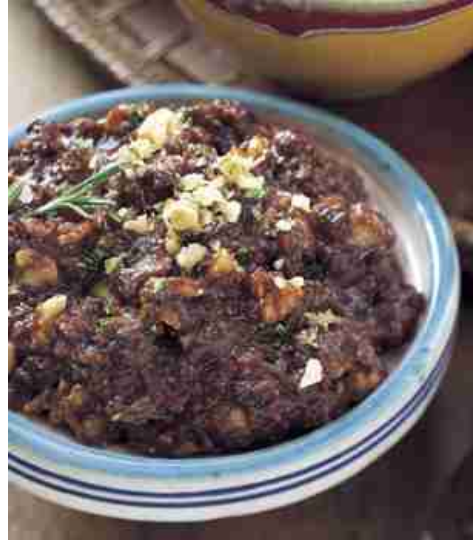
2 lb ground buffalo
1/2 lb ground pork
1 lb mushroom; sliced
1 cup onion; chopped
1/4 cup flour
1/2 cup heavy cream
2 10 oz can chicken broth
2 cup wild rice cooked & drained
1 pinch dried oregano
1 pinch dried marjoram
1 pinch dried thyme
1 tsp salt
black pepper & Tabasco; to taste
1/2 cup chopped pecans; for garnish



Preheat oven to 350. Sauté the buffalo and pork meats until all the fat has cooked out into the pan. Remove meat and break into small pieces. Set aside and keep warm. Sauté mushrooms and onions in the fat and return buffalo and pork meat. Put flour and cream into small bowl and mix until there is no lumps. Add to meat and vegetables. Stir, add the chicken broth and cook until consistency is that of thick soup. Add the cooked rice, herbs and seasonings. Transfer to 2 qt. casserole dish and bake for 25-30 min. Sprinkle with almond slivers and serve.

Grandma's Wild Rice Dish

1 lb. ground commodity buffalo
3 pcs ramps or leeks chopped
1/2 c. chopped green pepper
2 c. cooked wild rice
1 can diced tomatoes un drained
1 can corn drained
1/2 c. fry bread crumbs
1 cup sliced cholla buds
6 pcs bacon strips cooked & crumbled
2 t. chili powder
1 t. garlic powder
1 t. salt
1 1/2 c. commodity shredded cheddar cheese,;
divided
1 T. melted butter



In a skillet, cook buffalo, ramps and green pepper over medium heat until meat is no longer pink; drain. Stir in the rice, tomatoes, corn, cholla, bacon, chili powder, garlic powder & salt. Bring to a boil; remove from heat. Add 1 C. of cheese, stir until melted. Transfer to a greased 9x13 baking dish. Sprinkle with remaining cheese. Toss fry bread crumbs with butter, sprinkle over cheese. Bake uncovered at 350 for 15-20 minutes or until cheese is melted.

Hualapai Rabbit Stew

1 pc rabbit; cut in quarters
1/4 cup pine kernels
1 pc medium onion; chopped
2 stems celery; chopped
salt and pepper; to taste
1/4 cup flour
2 tbl oil
2 cups water



Cut rabbit into quarters coat with flour salt and pepper add to large pot with oil and brown well add onion, pine nuts and celery cook until onion is translucent add water and simmer until meat starts to fall from bones adjust with salt and pepper. Serve with frybread or corn bread.

Hualapai Kitchen at Grand Canyon West serving stew

Little Chief Beef Or Game Jerky

1/3 cup sugar
1/4 cup salt
2 cups soy sauce
1 cup water
1 cup red wine
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/2 teaspoon pepper
1/2 teaspoon Tabasco sauce



Trim all fat from meat. Slice meat with the grain to about 1/4' to 1/2' thick. The meat slices nicely when semi -frozen, or your butcher will slice it for you in his machine . Place meat in the cool marinade and leave overnight, or for no less than 8 hours. Remove from brine and allow to air dry without rinsing. Smoke in your smoker for 12 to 16 hours or until jerky has dried out to your liking. Use your favorite fuel for smoking.

Originally Buffalo meat was cut into thin long strips and jerked by drying in the open air. Some Indians made a salt brine with pepper in it and the strips of meat were quickly dipped into this, and then hung on racks above a fire made of green or damp wood to make a slow smoke. The smoke also kept the flies and the yellow jackets away from the meat.

Native American Meat Pie

1 lb. ground buffalo or beef
1/2 tsp. salt
1 1/2 tsp. pepper
1 tsp. azafran
1 tsp. ground garlic
1 tbsp. celery salt
2 tbsp. basil
4 c. biscuit dough



Preheat oven to 400 degrees. Mix first 7 ingredients. Roll dough. Cut in 2 inch square. Spoon meat mix on each. Fold in half. Seal edges. 1/2 inch apart on greased cookie sheet; bake 15 minutes. Serve immediately. May be made up to 6 hours in advance. But bake just before serving.

If using prepared biscuits, separate each biscuit into 2 biscuits.

Instead of biscuits, this can be cooked before and placed on party rye.

Native Lamb with Serrano Blackberry Sauce

1/4 onion, diced
1/4 carrot, diced
1 Serrano chile pepper, chopped
1 1/2 teaspoons + 1/2 cup chopped mixed herbs*
1/2 tablespoon olive oil
1 1/2 teaspoons tomato paste
1/2 cup red wine
1 1/2 cups lamb or veal stock or canned beef or chicken broth
1/2 pint blackberries, pureed, reserving 8 berries for garnish
salt and pepper
2 racks lamb, cleaned and defatted
1 teaspoon chopped fresh garlic



* (fresh sage, parsley, rosemary, thyme)

Procedure for sauce: Sauté the onion, carrot, chile pepper, and 1 1/2 teaspoons of the herbs in the oil until dark brown in color. Add the tomato paste and continue cooking for 2 to 3 minutes. Deglaze the pan with red wine and reduce until thick. Add the stock or broth and reduce until approximately 3/4 cup remains. Strain through a fine sieve along with the blackberry puree and season to taste with salt and pepper.

Procedure for lamb: Rub lamb with garlic and the remaining cup of the chopped herbs.

Cut each rack in half. Cook the lamb in a hot sauté pan over medium-high heat for 6 minutes on each side. Transfer to a 350°F oven and cook until a thermometer inserted in the center registers 145°F for medium-rare.

Serve the lamb with the sauce. Garnish with the reserved blackberries.

Navajo Green Chili

3 lb pork shoulder trimmed of fat, and; cut into 1/4 cubes
3 tablespoon bacon grease
1/3 cup flour
3 medium onions; coarsely chopped
4 garlic cloves (or more) minced
32 oz canned whole green chilies cut into; 1/4 bits
2 cup stewed tomatoes
6 oz canned tomato paste
3 cup water
2 1/2 teaspoon salt
1/2 teaspoon dried, ground Mexican oregano



Melt bacon grease in a skillet over med -high heat. Put flour into a paper bag and shake the meat with the flour to coat meat. Add the meat to the bacon grease a little at a time and brown well & evenly. Remove the meat to a 5 qt. Dutch oven. Add the onions & garlic to the skillet and sauté until translucent. Add these to the pork in the pot. Stir in the remaining ingredients, bring pot to a boil, and keep stirring every 2-3 minutes. When boiling lower heat to low and simmer for 45 minutes. Taste, adjust seasonings as per personal taste, and cook for 30 minutes or more.

Navajo Taco

1 single fry bread; cooked
1/4 cup refried beans; hot
1/4 cup cheddar cheese; melted
1/4 cup taco meat; cooked
1/4 cup lettuce; shredded
1/8 cup tomato; chopped
1/4 cup salsa



Cook fry bread, place on plate, spread heated refried beans, spread taco meat, sprinkle cheese and melt under broiler. Add lettuce and tomato and side of salsa

Pueblo Lamb and Wild Rice

4 tablespoons oil
3 cups ramps or leeks, diced
1 cup pine nuts
1 tablespoon butter
3 cups uncooked wild rice
2 cups water, boiling
1 1/3 cups chicken broth
2 tablespoons lemon peel, grated
2 teaspoons each salt and ground black pepper
1 teaspoon chili, ground
1 teaspoon cumin, ground
1/4 teaspoon azafran
1/4 teaspoon oregano
1/2 cup dry cranberries
2 1/4 pounds grilled lamb, cut in 2' x 2' chunks
36 cherry tomatoes, whole, grilled
2 teaspoons salt
1 teaspoon pepper



Crunchy pine nuts combine to make the rice even more memorable. Heat oil in large skillet. Sauté ramps/leeks and nuts over medium heat until onion softens and nuts are browned. Add butter and rice to skillet; sauté 5 minutes until rice absorbs the butter. Add boiling water and chicken broth and simmer until all liquid evaporates, about 20 minutes. Add lemon, and spices to rice mixture, stir to combine.

Place a service of rice on plate. Top with lamb and tomatoes and serve. Sprinkle with cranberries, salt and pepper.

Rabbit with Peanut Sauce

1 (2 1/2 to 3) pound rabbit, cut into 4; pieces
1 tablespoon Emeril's original essence, recipe follows
1/4 cup vegetable oil
1 cup chopped yellow onions
3/4 cup chopped red bell peppers
1 tablespoon chili powder
1 teaspoon ground cumin
1/2 teaspoon salt
1 tablespoon minced garlic
1 cup sunflower seeds, pureed to a paste; in a food processor
2 cups chicken stock, or canned low-sodium; chicken broth
1 tablespoon apple cider vinegar
3 tablespoons whole sunflower seeds
1/4 cup chopped parsley
1 recipe Charleston style grits, recipe follows
Emeril's Creole seasoning (essence)
2 1/2 tablespoons paprika
2 tablespoons salt
2 tablespoons garlic powder
1 tablespoon black pepper
1 tablespoon onion powder
1 tablespoon cayenne pepper
1 tablespoon dried leaf oregano
1 tablespoon dried thyme
Charleston style grits:
6 cups water
salt, to taste
1 1/2 cups quick cooking or old-fashioned grit; s (not instant!)
2 cups milk
1 cup heavy cream
8 tablespoons butter
freshly ground black pepper, to taste



Cook Time: 2 hours Season the rabbit with the Essence. Heat the oil in a large saute pan or stockpot over medium-high heat. Add the rabbit and brown on both sides, about 2 to 3 minutes. Remove from the heat. Add the onions, peppers, chili powder, cumin and salt, and cook, stirring, until the vegetables are soft, about 3 minutes. Add the garlic, and cook, stirring, for 1 minute. Return the rabbit to the pan. Add the pureed sunflower seeds, chicken stock and vinegar, and bring to a boil over high heat. Lower the heat to medium-low, and simmer, covered, until the rabbit is tender and falling from the bone, about 1 1/2 hours. Remove the rabbit from pan and garnish with whole sunflower seeds and parsley and serve over Charleston style grits, with the sauce spooned over the top. Combine all ingredients thoroughly and store in an airtight jar or container. Recipe from New Orleans Cooking by Emeril Lagasse and Jessie Tirsch, Published by William and Morrow, 1993. Native American influence. GRITS In a large, heavy saucepan bring the water to a boil.

Add a generous teaspoon of salt and the grits and stir with a wooden spoon to combine. When grits thicken add milk, cream and butter and return to a boil. Reduce heat to a simmer, cover sauce pan and cook for 45 minutes to one hour, until grits are tender, smooth and creamy. Taste and season with salt and pepper.

Roast Venison Roulade

butter
flour, mixed with salt and pepper,; garlic salt
6 ramps or large leek; coarse chop white part
6 morels or large package fresh mushrooms
venison steaks as many as needed
toothpicks
hammer



Roll steaks in seasoned flour. Pound flat, adding more flour as necessary. Dice leek and mushrooms, mix together. Roll the mixture in the flattened venison steaks. Skewer with toothpicks every two inches. Cut rollups in bite size pieces, sauté in butter . (Each rollup should have a toothpick.) Transfer meat to a casserole and bake at 350 degrees for 30 minutes. Serve with mashed potatoes and gravy, boiled fiddle head and a salad of wild greens.

Squirrel Stew

1 squirrel; cut into 7 pieces, flour
2 1/2 tb butter
7 c boiling water
1 ts thyme
1 c corn
3 potatoes; cubed
1/4 ts cayenne
3 md onions; sliced
2 c canned tomatoes with juice



Roll the squirrel pieces in flour, salt, and pepper. Brown in butter. Add squirrel and all other ingredients, (with the exception of the tomatoes), to the boiling water, cover, and simmer for 1/2 to 2 hours. Add the tomatoes and continue to simmer another hour.

Pies

Swan Spirit's Berry Cobbler

1 quart fresh strawberries or blackberries, washed (if you use strawberries, slice them in half; f)
1/2 cup sugar
topping
1 cup corn meal
1/4 cup sugar
1 teaspoon baking powder
1 teaspoon salt
1/2 cup sour milk
2 tablespoon melted butter or margarine
sauce
1/4 cup honey
1 tablespoon melted butter or margarine
1 tablespoon lemon juice



Place berries in a 2-quart baking dish, and sprinkle with sugar. For the topping, mix together all dry ingredients, then quickly stir in the milk and melted butter or margarine. Drop batter by the tablespoon on top of berries, forming a design of rounds. Mix together sauce ingredients, and pour over batter and exposed berries.

Bake in a moderately hot oven, 375 degrees, for 1 hour. Serve at room temperature.

Southern Indian women, being both creative and experimental cooks, sweetened their corn-meal batter, mixed it with wild blackberries or strawberries, and baked the two together in to a kind of cobbler.

Poultry

Chicken and Ramps with Sweet Potatoes

2 tbsp olive oil
2 tsp chopped fresh sage
2 tbsp dijon mustard
2 tsp grated lemon rind
2 tsp chili powder
4 boneless, skinless, chicken breasts
salt and freshly ground pepper
2 sweet potatoes cut into 1 inch cubes
4 ramps or 2 leeks, white and light green p; art only, sliced
1 cup chicken stock
2 tbsp balsamic vinegar



Preheat oven to 400F

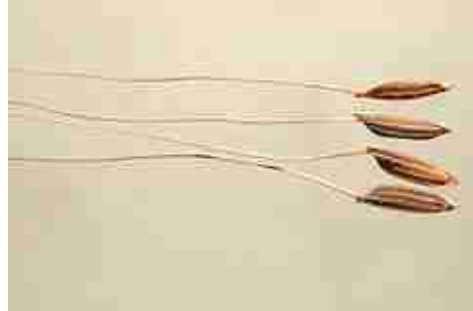
Combine 1 tbsp olive oil, sage, mustard, lemon rind, and chili. Reserve 1 tbsp of mixture, and brush the rest over the chicken breasts. Season with salt and pepper.

Heat remaining 1 tbsp oil in a large oven proof skillet over medium heat. Add chicken breasts, and cook 2 minutes per side or until browned. Remove from skillet and toss in sweet potatoes. Sauté for 1 minute, add ramps or leeks and sauté for 2 minutes. Add stock, reserved mustard mixture and balsamic vinegar and bring to a boil. Reduce heat, return chicken breasts to skillet and place over vegetables. Cover skillet.

Place in oven and bake for 15 to 20 minutes, or until chicken juices run clear. Slice chicken breasts and serve over vegetables. Drizzle over the pan liquid.

Cranberry/Wild Rice Stuffing

1/2 c wild rice, uncooked
1 c water
1/4 c raisins, dark or golden
5 green onions (scallions), chopped
1 tb vegetable oil
1/2 c celery ~or- fennel bulb, chopped
1 c cranberries, fresh or frozen
1 ts orange rind, grated
1/2 t dried thyme



Put the wild rice in saucepan add water and raisins cook until water is absorbed mix in all other ingredients stuff in poultry and roast at 350 F for 1 hour or until meat is done.

Cree Wild Duck

1 wild duck, cleaned
2 1/2 qt. cornbread crumbs
1 large onion, chopped fine
duck giblets
2 T. margarine
pepper
sage
garlic
2 apples, diced
1/2 c. flour



Boil giblets until tender, and chop into fine pieces. Combine the cornbread crumbs, onions and apples. Mix well and add pepper, sage, garlic and other seasonings to taste. Moisten and stuff the goose with this mixture. Place goose in roasting pan and spread with about 2 tablespoons margarine, and then sprinkle with a little flour. Roast in 350 degree oven until done, about 15 to 20 minutes per pound. Baste often.

Kahnawpawamakon Chicken Pieces

3 lb chicken pieces
1/2 c shortening
1 green pepper cut into strips
1 20 oz can of peaches
1 tb Soya sauce
1 lg onion, quartered/separated
flour, salt, pepper, spices
3 tb vinegar



Coat the chicken with the flour and the spices and put in to the frying pan to brown the chicken in the shortening at 350 F. Lower the temperature to 250 F, cover, cook for 20 minutes. Drain. Add the onion and green peppers. Cook until the onion is translucent. Drain the syrup from the peaches. Use 1 cup. Blend in the cornstarch, soya sauce and vinegar. Stir into the chicken mixture. Cook until liquid is clear. Add peaches and cook 5 minutes more. Serve with wild rice.

Pueblo Fiesta Turkey in Mole Sauce

TURKEY

13 c. water

1 4 lb. whole boneless turkey breast with skin, halved lengthwise

1 lg. white onion, peeled, quartered

1 head of garlic, outer skin removed, cut; crosswise in half

1 1/2 tsp. fine sea salt

CHILIES

1 c. oil

8 dried mulatto chiles, stemmed, seeds and membranes removed (1)

6 dried pasilla chiles, stemmed, seeds and membranes removed (2)

5 dried ancho chile, stemmed, seeds and membranes removed (3)

NUTS AND SEEDS

1 T. oil

1/2 c. whole almonds

1/4 c. pecans

1 T. unsalted roasted peanuts

1/4 c. shelled pepitas (4)

3 T. sesame seeds

FRUITS

1/4 c. oil

1 lg. ripe dark-skinned plantain, peeled, thickly sliced

1 lb. tomatillo, husked, rinsed, coarsely chopped

1 lb. plum tomatoes, coarsely chopped

2/3 c. raisins

FLAVORINGS

1 lg. white onion, peeled, cut into 8 wedges

12 lg. garlic cloves, unpeeled

5 whole cloves

1 tsp. whole black peppercorns

5 whole allspice berries

1 tsp. cumin seeds

1/2 tsp. aniseed

1 1/2" cinnamon stick (5)

1 tsp. dried Mexican oregano

1/2 tsp. dried thyme

1 tsp. fine sea salt

THICKENERS

3 T. oil

1 3"x2"x1" bread slice from firm French roll

3 5" to 6" diameter corn tortillas, coarsely chopped

6 oz. Mexican chocolate, chopped (6)

1/2 c. chopped piloncillo (7)

2 c. (about) low-salt chicken broth (if necessary)



Mole Poblano Mole is very time-consuming to make, but you can begin up to three days ahead. The results are well worth the effort. In Mexico, this is served with rice or unfilled tamales. For turkey: Combine all ingredients in large pot. Bring to boil. Reduce heat, cover, and simmer until turkey is just cooked through, skimming foam, about 35 minutes. Transfer turkey to bowl; cover and chill. Strain and reserve broth in pot. For chiles: Heat 1/2 C. oil in large skillet over medium-high heat. Working in batches, fry all chiles until beginning to blister and change color, about 15 seconds per side (do not burn). Using tongs and shaking off excess oil, transfer chiles to another large pot. Add 4 C. reserved turkey broth; bring to boil. Reduce heat; simmer uncovered until chiles are very soft, about 35 minutes. Strain liquid into 4-cup measuring cup; add enough reserved turkey broth to measure 4 C. Chop chiles. Working in batches, puree chiles and 4 C. chile broth in blender until smooth. Heat remaining 1/2 C. oil in same pot over medium heat until almost smoking. Press chile puree through large mesh strainer into pot (mixture will sputter and bubble vigorously). Stir until puree thickens enough to form path on bottom of pot when wooden spoon is drawn across, about 15 minutes. Remove chile puree from heat. For nuts and seeds: Heat 1 T. oil in large nonstick skillet over medium-high heat. Add almonds and stir until color deepens, about 1 minute. Add pecans and peanuts; stir 1 minute. Add pepitas; stir 30 seconds. Transfer to blender. Add sesame seeds to skillet; stir 1 minute. Transfer 2 T. sesame seeds to small bowl and reserve for garnish. Place remaining 1 T. sesame seeds in blender with nuts. Add 1/2 C. reserved turkey broth and blend until thick puree forms. Add nut-and-seed puree to pot with chile puree. Cook over very low heat, stirring often, while preparing fruits. For fruits: Heat 1/4 C. oil in same skillet over high heat. Add plantain and sauté until golden, about 3 minutes. Using slotted spoon, transfer to paper towels. Add tomatillo and tomatoes to skillet; sauté until slightly softened, mashing with fork. Reduce heat to medium-low; simmer until thickened, stirring often, about 25 minutes. Add raisins and plantain; simmer 10 minutes, stirring often. Cool slightly. Working in batches, puree tomatillo mixture in blender with 2 C. reserved turkey broth. Strain mixture through sieve into chile-nut puree, pressing on solids to extract as much mixture as possible; discard solids in sieve. Continue cooking puree over very low heat while preparing flavorings, stirring often. For flavorings: Cook onion and garlic cloves in dry heavy medium skillet over medium heat until beginning to brown and soften, turning often, about 15 minutes. Cool slightly. Coarsely chop onion; peel garlic. Place in blender. Stir cloves in same skillet over medium-high heat until fragrant, about 20 seconds. Transfer cloves to spice mill or coffee grinder; add peppercorns and next 7 ingredients. Grind finely. Add to blender. Add 1 C. reserved turkey broth; blend until smooth. Stir spice mixture into chile-nut puree. Simmer mole over very low heat 30 minutes to blend flavors while preparing thickeners, stirring often (mole will bubble thickly). For thickeners: Heat 1 1/2 T. oil in medium skillet over medium-high heat. Add bread slice; fry until golden, about 1 1/2 minutes per side. Transfer to blender. Add 1 1/2 T. oil and tortillas to skillet; sauté 2 minutes. Transfer to blender with bread. Add 2 C. reserved turkey broth; blend until smooth. Add to mole; simmer 10 minutes. Add chocolate and piloncillo to mole; simmer over low heat 20 minutes, stirring often, scraping bottom of pot and adding more turkey broth (or chicken broth if necessary) by 1/2 cupfuls if mole is too thick (up to 2 C. more broth may be needed). Season with salt. Continue simmering over low heat until streaks of oil form on mole surface, about 10 minutes longer. (Can be made 3 days ahead. Cool slightly. Chill

uncovered until cold, then cover and keep refrigerated. Re warm over low heat, stirring and adding more broth if desired, before continuing.) Cut turkey into 1/3' thick slices. Add to hot mole; simmer until turkey is heated through, about 10 minutes. Arrange turkey slices on platter. Spoon mole over; sprinkle with sesame seeds. Notes (1) mulatto chile [moo-LAH-toh] This long (4- to 5-inch) dark brown chile is a type of dried POBLANO. It has a light fruity nuance and a much more pronounced smoky character than its relative, the ANCHO. The mulatto is essential for making MOLE (2) pasilla chile [pah -SEE-yah] In its fresh form this CHILE is called a CHILACA. It's generally 6 to 8 inches long and 1 to 1 1/2 inches in diameter. The rich -flavored, medium-hot pasilla is a blackish - brown color, which is why it's also called chile Negro. This chile is sold whole, and powdered. It's particularly good for use in sauces. (3) ancho chile [AHN-choh] This broad, dried CHILE is 3 to 4 inches long and a deep reddish brown; it ranges in flavor from mild to pungent. The rich, slightly fruit -flavored ancho is the sweetest of the dried chiles. In its fresh, green state, the ancho is referred to as a poblano chile. (4) pepitas [puh-PEE-tahs] These edible pumpkin seeds are a popular ingredient in Mexican cooking. With their white hull removed, they are a medium -dark green and have a deliciously delicate flavor, which is even better when the seeds are roasted and salted. Pepitas are sold salted, roasted and raw, and with or without hulls. They're available in health-food stores, Mexican markets and many supermarkets. (5) Mexican cinnamon sticks with a delicate, floral flavor. (6) Mexican chocolate Flavored with cinnamon, almonds and vanilla, this sweet chocolate is available in Mexican markets and some supermarkets. Mexican chocolate has a much grainier texture than other chocolates. It's used in the preparation of a Mexican hot chocolate drink and certain Mexican specialties such as mole poblano sauce usually served with fowl. One ounce semisweet chocolate, 1/2 teaspoon ground cinnamon and 1 drop almond extract can be substituted for 1 ounce Mexican chocolate. (7) Mexican raw sugar shaped into hard cones. Smaller chunks are sometimes labeled panocha. If neither is available, substitute an equal weight of packed dark brown sugar

Reservation Style Chicken

2 large onions, thinly sliced
4 cloves garlic, minced
1 tablespoon cooking oil or olive oil
2 cups cooked brown rice
nonstick spray coating
2 1/2 pounds meaty chicken pieces (breasts, thighs, and drumsticks), skin
1 8 ounce carton plain low fat yogurt
2 tablespoons all purpose flour
1 teaspoon ground cumin
1/4 teaspoon ground ginger
1/2 cup chopped green or sweet red pepper
2 medium tomatoes, seeded and coarsely chopped
chopped parsley sprigs



In a large skillet cook onion and garlic in hot oil till onion is tender but not brown. Stir in cooked brown rice. Spray a 12 x 7 1/2 x 2 inch baking dish with nonstick spray coating. Spread rice mixture in baking dish. Arrange chicken pieces atop rice. In a mixing bowl stir together yogurt, flour, cumin, ginger, and 1/2 teaspoon salt. Stir in chopped green or sweet red pepper. Spoon over chicken in dish. Bake, covered, in a 350° oven for 50 to 60 minutes or till chicken is tender. Serve with chopped tomatoes. Garnish with parsley.

Relishes/preserves

Osage Hominy Salsa

2 cups cooked hominy (red/white/blue mixed; is fun for this one)
3 ripe avocados, peeled, pitted and diced; large
1 red onion, diced small
1 red bell pepper, diced small
1/3 cup virgin olive oil
1/4 cup red wine vinegar
1 tablespoon mince garlic
3 Serrano peppers, minced
1 tablespoon ground cumin
1 teaspoon chili powder
1/4 cup finely chopped cilantro
1/2 cup fresh lime juice (24 limes, depending on juiciness)
salt and fresh-ground pepper to taste



Mix it all together. Will keep refrigerated for 2-3 days

Pueblo Roasted Pepper Salsa

**1 medium, each, red, yellow, green bell pepper, 1/2 pepper,
1/3 cup chopped green onions
1 tablespoon fresh cilantro, or 1/2 tbsp dried
1 pc leek chopped
1/2 tsp salt
1 large tomato, seeded, chopped
2 Serrano chile peppers, seeded and chopped**



Cut bell peppers in half and remove seeds. Place peppers cut side down on broiler pan. Broil 3 to 4 inches from heat for 5 to 8 minutes, or until charred. Place in brown paper bag, or plastic bag, and let cool down to touch. Peel, and chop.

Combine bell peppers and remaining ingredients; mix well. Cover; refrigerate until serving time.

Salsa can be stored up to 1 week.

Saguaro Cactus Fruit Jam

how to turn it into jam



Gather saguaro cactus fruit pulp. Put 6 cups of the pulp in a pot and add water until half of the pulp is covered. Soak the pulp for an hour and a half. Stir every now and then. Put the pot over a low flame and cook for 30 to 40 minutes. Separate the pulp from the liquid, saving the pulp. Boil the liquid very slowly (stirring all the time) until it turns into a syrup. Then mash the pulp and put through a strainer to remove the seeds. Combine the remaining pulp with the syrup until the mixture has the consistency of jam. When it looks like jam, it is jam.

Serve over warm fry bread.

p.s. do not add sugar

The 3-inch, oval, green fruit ripens just before the fall rainy season, splitting open to reveal the bright-red, pulpy flesh which all desert creatures seem to relish. This fruit is especially important food source to Native Americans of the region who used the flesh, seeds and juice.

Salads

Inca Potato Salad

1 pound purple potatoes*
1 onion, finely chopped
1 clove garlic, minced
1/2 to 1 teaspoons chili powder
1 tablespoon vegetable oil
1 1/2 cups vegetable broth
3/4 cup quinoa, rinsed and drained
1/4 teaspoon salt
dash ground pepper
3/4 cup frozen corn, thawed



* Native Peruvian purple potatoes can be found in many specialty markets wash potatoes; do not pare. dice into 1 inch cubes, sauté potatoes, onions, garlic and; return to boil. stir, continuously. Turn off heat, add corn and let stand covered , 5 minutes. Mix and fluff. Serve warm or refrigerate and serve cold. Variation: add 1/2 cup dried chopped pineapple with corn

Wild Rice and Avocado Salad

2 cups cooked wild rice, cooled
1 cup chopped cooked pheasant or chicken
2 avocados, peeled and cut into 1/2-inch cubes
1/2 cup diagonally sliced ramps or leeks
1/2 green bell pepper, cut into julienned strips
2 tablespoons lemon juice
1 1/2 tablespoons vegetable oil
3/4 teaspoons salt
3/4 teaspoon sugar
1/4 teaspoon ground white pepper
1 clove garlic, minced
hot pepper sauce to taste
watercress greens (optional)
tomato wedges or roses for garnish



Combine rice, pheasant/chicken, avocados, celery, green pepper and onion in large bowl. Place lemon juice, oil, salt, sugar, white pepper, garlic and pepper sauce in small jar with lid; shake well. Pour over rice mixture. Toss lightly. Cover and refrigerate 1 to 2 hours. Adjust seasonings, if necessary. Serve on watercress. Garnish with tomato wedges.

Sandwiches

Deviled Buffalo Burgers

1 pound ground buffalo
1 tablespoon + 1 teaspoon ketchup
2 teaspoons hot pepper sauce
1 teaspoon Worcestershire sauce (optional)
1 teaspoon prepared mustard
1/2 teaspoon salt
1/4 teaspoon ground pepper
5 soft sandwich rolls



1. In a bowl, mix all ingredients, except sandwich rolls, together. Form into 5 patties and place on the unheated rack of a broiler pan (or in a preheated skillet on the range-top). 2. Broil 3 to 4 inches from the heat for 12 to 15 minutes until internal temperature reaches 160°F. 3. Serve patties in soft sandwich rolls.

Soups

Algonquin Wild Nut Soup (Paganenes)

24 oz. hazelnuts, crushed
6 shallots, with tops
3 T. parsley, chopped
6 cup stock, vegetable
1 tsp. salt
1/4 tsp. black pepper



Place all ingredients in a large soup pot & simmer slowly over a medium heat for 1 1/2 hours, stirring occasionally.

Azafran Soup Spinach Greens & Corn Meal Dumpling

1 c ground yellow cornmeal
3/4 c all purpose flour
2 ts baking powder
1 ts salt
1 ts white pepper
2 1/2 ts sugar
1 ts unsalted butter softened
2 c chicken stock
azafran soup
6 c water
2 tb azafran (see note)
1 ts salt
1/2 ts white pepper
3 c chicken stock
2 yellow summer squash diced
3 c corn kernels
1 bunch spinach washed and -stemmed



To make the dumplings combine the cornmeal flour baking powder salt pepper and sugar together in a bowl. Add the butter and milk and mix well to make a batter that is moist but not sticky. If the dough is too moist knead in a little more flour. Divide the dough into 1" balls flatten and shape into small triangles. Pour the chicken stock into a pot and bring to a boil over medium heat. Reduce the heat to a simmer and drop in the dumplings. Cook 3 to 4 minutes until tender and cooked all the way through. Remove the dumplings from the stock and set aside. For the soup heat 2 cups of the water and the azafran in a large saucepan over medium-high heat until the liquid has reduced by half about 7 minutes. Pour through a fine sieve discard the azafran and return the liquid to the saucepan. Add salt pepper stock and the remaining 4 cups of the water and bring to a boil over medium-high heat. Add squash reduce the heat and simmer 5 minutes. Add corn kernels and simmer another 5 minutes. Add dumplings and spinach cook 2 minutes and serve immediately. Azafran soup with spinach greens & yellow cornmeal dumpling Note Azafran soup with spinach greens & yellow cornmeal dumpling Azafran also called Native American saffron by the American Indians is an herb that is actually fine threads from the stigma of the safflower plant. Despite the name azafran is not the same as saffron which is an expensive spice derived from the crocus plant in the iris family. (Saffron can be substituted for azafran though: use 1 pinch of saffron for 2 tablespoons of azafran). Azafran is commonly sold in Latin American markets and specialty herb stores. It can also be ordered by mail. It is best stored in a cool dark place and will last several months in a sealed plastic or glass container.

Burning Tree Golden Acorn Soup

part A
1/4 cup roasted corn (parched); grind in blender
1/4 cup pine nuts; add to blender
1/2 cup sunflower seeds; add to blender
1/2 cup pepitos; add to blender
1 tbl acorn starch; add to blender
1 part B
5 gallon water
3/4 cup chicken soup base
1 lb non dairy creamer
1/2 cup peanut butter
1/2 cup dry onion flakes
1/4 cup garlic powder
1 tbl black pepper
2 tbl pepper flakes
1 tbl cayenne
1/3 cup menudo mix
1 lb Butter
corn starch to thicken



Part A Grind Dry corn in blender. Add water and grind again until smooth. Grind remaining nuts and seeds in blender until smooth and mix with corn.

Part B Make cream of chicken with water, chicken base and other ingredients except peanut butter, butter and nut mix. Bring to a boil. Adjust seasoning if needed add nut mixture and peanut butter. Continue at a simmer until all is mixed then thicken with corn starch water slurry to desired thickness. Simmer to cook starch.

Burning Tree Red Pazole

1 no.10 can tomato; chopped
1 no. 10 can hominy
1 lb chicken base
2 heads wild garlic; chopped
6 heads and tops ramps; chopped
or 3 pcs onion medium; chopped
1/4 cup oregano leaves
2 tbl cumin
1/4 cup chili powder
1 gallon water



Start with water and chicken base bring to boil add spices simmer for 1/2 hour add tomato and hominy and simmer for another 1/2 hour.

Creamy Oaxacan Sweet Onion Soup

8 large (6 pounds) yellow onions, halved, thinly slice; d
1 cup (8 ounces) butter, melted
1/4 cup (1 ounce) garlic, chopped
1/2 cup (4 ounces) sherry
1 cup (4 ounces) flour
4 quarts (8 pounds) chicken stock
12 each Oaxaca chiles (see note)
1 quart (2 pounds) heavy cream
1 quart (1 pound) white cheddar cheese, shredded
4 each (12 ounces) poblano chiles, diced
salt to taste
blue cheese croutons:
24 slices (4 ounces) baguette slices, toasted
4 ounces blue cheese
3/4 cup (8 ounces) sautéed sliced onion



Sauté onions in butter until tender. Add garlic and sherry. Stir in flour and cook 1 minute. Add chicken stock and Oaxaca chiles, bring to boil. Simmer 30 minutes. Discard chiles. Add cream, cheese and diced poblano chiles. Simmer 5 minutes. Adjust salt if necessary.

For Garnish:

Spread baguette slices with blue cheese and warm.

For Each Serving:

Float a baguette slice in center of each soup bowl. Heap a couple of sautéed onion slices on baguette.

Note: Or substitute drained canned chipotle chiles in adobo sauce or dried chipotle chiles.

Fiddlehead Fern Soup

4 c fiddleheads fresh & cleaned
2 t. unsalted butter
1 sm. onion minced
2 c. chicken or vegetable stock
2 c. milk or cream
lime zest
salt and pepper to taste
nutmeg



Bring a large pot of salted water to a boil over high heat. Add the fiddleheads, return to a boil and cook until they are almost tender and turn pale green, 5 to 8 minutes. Drain and rinse with cold water. Coarsely chop and reserve. Melt the butter in a saucepan over medium heat. Add the onion and cook, stirring occasionally, until they become translucent, about 5 minutes. Add the fiddleheads and chicken or vegetable stock. Stir, increase the heat to medium-high and bring to a gentle boil. Cover and cook until the fiddleheads are thoroughly tender, about 5 minutes. Add the milk, reduce the heat to medium, and heat until nearly boiling. Do not let the soup boil or the milk will curdle. Stir in the lime zest and season the soup to taste with salt and pepper. Divide the soup into four bowls, garnish with nutmeg and serve immediately.

Wild Rice Chowder

2 cups cooked wild rice
3 potatoes, washed and cubed
1/2 cup onion, chopped
1 quart chicken broth
1 cup shredded cheddar or Swiss cheese
3 slices cooked bacon cooked and crumbled
1/2 cup light cream or milk



Cook the potatoes in the broth until tender, 20 - 30 minutes. Add the onion cheese, bacon and cream (or milk). Simmer, stirring frequently, until cheese melts and soup is hot, not boiling. Season with salt and pepper if needed and a little parsley or wild asparagus (optional) to garnish.

Vegetables

Azafran Wild Rice

1 cup wild rice blend
2 cups water
1 teaspoon salt
1 1/2 tablespoons lemon juice
1/4 teaspoon azafran
1 cup dried cranberries (optional)



Cook: 30 minutes 1. In a medium-size saucepan, bring the water to a boil with the salt. Stir in the rice, cover, lower heat and simmer for about 20 minutes, or until the rice is tender and all of the water is absorbed. 2. While the rice is cooking, dissolve the saffron carefully in the lemon juice. 3. When the rice is ready, toss it lightly with the saffron mixture. (If you wish to add the cranberries, boil them with the rice or steam them separately in order to make them tender and plump.)

Butternut Squash And Chile Pan-Fry

1 medium butternut squash, about 1 1/2 to 2 pounds

1 pound fresh green poblano chiles (about 4 whole peppers), or

1 cup canned poblano

2 tablespoons olive oil

1 cup chopped yellow onion

1 teaspoon salt

1/2 teaspoon chili powder

1 cup grated Monterey jack



Cook Time: 30 minutes With a vegetable peeler, peel the squash, then cut in half, and remove the seeds. Cut the squash into 1/4-inch pieces. Roast the peppers by placing them over a stovetop gas flame, turning them frequently with tongs until all sides are charred black, about 7 to 10 minutes. (Alternately, the peppers can be roasted under a broiler, or on top of a gas or charcoal grill.) Place the blackened peppers in a plastic or paper bag, and let rest until cool enough to handle, about 15 minutes. Remove the stems and seeds, and chop. Heat the oil in a large skillet or sauté pan over medium-high heat. Add the onions and cook, stirring, for 3 minutes. Add the squash, salt, and chili powder, and stir well. Cover and cook until the squash is almost tender, stirring occasionally, about 10 to 12 minutes. Stir in chiles and cook, uncovered, for 3 minutes. Sprinkle the cheese over the vegetables and cover. Lower the heat to medium-low and cook until the cheese is melted, about 2 minutes. Serve hot out of the pan.

Butternut Squash with Cranberries

2 pounds butternut squash or sweet potatoes
1/4 teaspoon ground cloves
2 tablespoons olive oil
1 to 1-1/2 cups cranberries
1/2 cup cranberry juice cocktail (or aprico; t nectar)
1 teaspoon finely shredded orange peel
1/3 cup maple syrup
1/4 cup chopped walnuts or hazelnuts (filbe; rts), toasted
orange peel strips (optional)



Expand your use of tart cranberries by including them in vegetable side dishes, such as this simmered butternut squash. Peel squash or sweet potatoes. Halve squash lengthwise and remove seeds. Slice squash or sweet potatoes crosswise into 1/2 -inch slices. In a large skillet cook squash or potatoes and cloves in olive oil covered, over medium heat for 8 minutes or until nearly tender. Stir occasionally. Add cranberries, juice or nectar, and shredded orange peel. Heat to boiling; reduce heat. Simmer, covered, for 5 minutes or until squash is just tender, stirring once or twice. Remove from heat. Gently stir in maple syrup and walnuts or hazelnuts. Garnish with orange peel strips, if desired. Serve immediately.

Corn Cakes with Fresh Corn and Chives

1 fresh ear of corn or 1/2 cup frozen whole; kernel corn
2 tablespoons all-purpose flour
1-1/2 teaspoons baking powder
1 teaspoon sugar
1/2 teaspoon salt
1 cup boiling water
1 cup yellow cornmeal
1/4 cup milk
1 slightly beaten egg
1 tablespoon snipped fresh chives
3 tablespoons cooking oil
1 teaspoon snipped fresh chives or cilantro
1/3 cup dairy sour cream (optional)



Cut corn kernels from cob and measure 1/2 cup. In small bowl combine flour, baking powder, sugar, and salt. Set aside. In a medium bowl stir boiling water into cornmeal to make a stiff mush. Stir in milk until smooth; then stir in fresh or frozen corn, egg, and the 1 tablespoon chives. Add flour mixture and stir just until combined. In a large skillet heat 2 tablespoons of the oil over medium heat. Drop batter by rounded tablespoons into hot oil. Cook for 3 to 4 minutes or until golden brown, turning once. Transfer to a serving platter; cover and keep warm. Repeat with remaining batter, adding the remaining 1 tablespoon oil. Meanwhile, if desired, stir the 1 teaspoon chives into the sour cream. Serve sour cream with the corn cakes.

Green Beans with Leeks and Toasted Pine Nuts

1 ea leek, trimmed
1 pound green beans, trimmed
1 tablespoon butter
1 tablespoon olive oil
2 tablespoon pine nuts



Interesting presentation of green beans with Native American flavour, leeks (ramps) and pinenuts. The sweetness of fresh green beans is enhanced by cooking them with leeks. Pine nuts are a welcome addition both for texture and flavor. Serve this side dish with roasted meats, fish or as part of a buffet. Preparation Cook: 25 Min

1. Bring a medium-sized pot of salted water to a boil. Meanwhile, slice the leek very thin and soak the slices in a bowl of cold water. Allow the dirt to settle before removing the leek with a small strainer without disturbing the dirt.
2. Blanch the green beans in the boiling water until very green and just tender with a slight crisp to the bite, 4 to 5 minutes.
3. Using tongs, transfer beans to a bowl of ice water to stop their cooking. Do not pour out the boiling water.
4. Bring the water back to a boil and cook the leeks for 3 minutes; drain well. Heat the butter, oil, and pine nuts together in a large saute pan over medium-high heat. Keep the pan in constant motion to toast the pine nuts, about 2 minutes.
5. Stir in green beans and leeks. Cook until heated, about 4 minutes. Season to taste with salt and pepper; serve immediately.

Mixed Grain Mushroom Casserole

1/2 cup wild rice
1/2 cup pearl barley (originally quinoa but; you may not be able to l
1/2 cup brown rice
1/4 cup oil
1 large onion; thinly sliced
4 garlic cloves; chopped
4 tablespoon oil
1/2 lb mushrooms; thickly sliced
3 1/2 cup vegetable broth
1 teaspoon crushed dried thyme
1/2 teaspoon crushed dried oregano
1 salt & pepper; to taste



Combine grains in a mixing bowl and set aside. Pour the oil into a 2 -3 qt. casserole which is safe for both stovetop and oven cooking, and place on med. heat. When hot , sauté onion and garlic until tender and translucent, about 5-6 minutes. Add the mixed grains and sauté for 1 min., stirring constantly. Meanwhile melt butter or margarine (if using) in a separate pan on med. high heat. When hot , add mushrooms and sauté quickly, stirring frequently, until the mushrooms are hot and have just absorbed the 'butter' (about 1 min.). Immediately remove from heat. Add the broth, herbs, and mushrooms to the casserole with the onions and grains, and bring to a boil. Season with salt and pepper to taste, cover tightly (use aluminum foil between pot and cover if necessary for a good seal), and bake at 350 degrees F for 1 hr. NOTES: I use alot less oil (only as much as needed to keep things from sticking in my cast -iron Dutch oven), add hot peppers and fresh herbs (rosemary is especially delicious; i dislike dried oregano so i use less or none), add soy sauce instead of salt, and sauté the mushrooms first in the same pan (taking them out when done) so i don't have to wash two pans :^>. Frankly i can't see where they get 8 servings from, this lasts me maybe 3 meals....It's really a hearty dish, so save it for a cold day (some of us still have a few left, despite the advent of spring).

Pawnee Corn And Squash

4 T. corn oil or butter (buffalo suet was originally used)
1 large yellow onions, chopped
2 medium yellow squash, cubed
1 red bell pepper, roasted, seeded and chopped (or jarred whole pimentos)
4 c. whole kernel yellow sweet corn
1/2 c. parsley, chopped fine
salt and pepper to taste
1/2 c. water or stock, if needed



It is said by the Pawnee people that this is one of their oldest dishes, despite that it has modern touches; the yellow squash is the one ingredient that they insist on, occasionally chopped nuts are added if not being served with above recipe. Warm oil or butter in a large frying pan over medium heat. Quickly sauté the onion for 3 to 5 minutes, until translucent. Add the squash and chopped pepper, stirring to blend well and cook for an additional 5 minutes. Stir often to keep mixture from sticking. Add the corn, the remaining seasoning and all or some of the liquid if the mixture is sticking --add more liquid as needed. Stir well, cover, and cook for 10 to 15 minutes, stirring once or twice. Serve hot.

Sage and Sherry Creamed Mushrooms on Griddled Blue Corn

1 pound wild mushrooms
1 pound morels
4 cups heavy cream
2 tbsp. chopped fresh sage
2 tbsp. dry sherry
salt and pepper, to taste
1 1/2 cups blue corn meal
water



Cook the corn meal to a thick mush adding salt to taste. Oil a 9-by-2-by-13-inch glass baking dish. Pour the corn meal mush into the dish to cover the bottom evenly, about 1 inch thick. Cool completely in dish before cutting. It's best if chilled overnight.

Put the mushrooms in a stainless steel pan large enough to hold all the mushrooms and the cream. Pour the cream over the mushrooms and bring to a boil. Add the morel mushrooms. Bring to a boil again. Reduce the heat so the mixture is simmering. Cook for 45 minutes to 1 hour until the cream is slightly thickened. Stir often during the boiling and simmering to keep from scorching.

Add the sage and sherry and cook for 10 minutes more, stirring often. Salt and pepper to taste. Keep warm.

Cut the corn meal mush into 8 squares, then into 16 triangles. Carefully remove from dish to waxed paper. Heat a griddle or skillet (non-stick works well) on medium heat. Rub both sides of the triangles with olive oil. Carefully place the triangles on griddle or skillet. Brown well on each side.

Serve on eight small plates, two triangles on each. Spoon some of the creamed mushrooms on each and garnish with whole sage leaf. You can also serve this on a platter for a buffet.

The leftover creamed mushrooms will keep up to one week in the refrigerator. It is also good on chicken, fish, toasted crusty French bread - or be creative.

Squash Blossoms Anishinaabeg Style

1 egg yolk
2 cups ice-cold water
1/8 tsp baking soda
1 2/3 cups white flour



Whip the egg yolk and baking soda into the water in a large dipping bowl. Sift in the flour, mix well. Batter should be thin, rather watery, run easily off a spoon. It should be used no more than 10 minutes after made, i.e. still be quite cold when it hits the frying oil. Dip blossom, twirl to coat thoroughly, Turn after 1 minute and fry 1 minute longer, lighter gold than the cornmeal coating in the Pueblo version. Sprinkle with sifted powdered sugar while still draining and hot from the oil. Keep warm in oven.

Alternatively: omit sugar, serve with small dipping bowls of or berry syrup.

Traditionally, the flowers were used in soups and stews in 2 ways. In the commonest, they were thickeners -- put in at the beginning, the fragile flowers cooked away into the broth and had no individual identity. Put in near the end, they were heated through, softened a bit (especially the female blossoms, which have tiny squashes or pumpkins forming at the stem end) as a sort of vegetable -- although the rest of the soup or stew was likely to be full of dried berries, so maybe I should say as another fruit. Up north here, these fritters were traditionally made with pumpkin and squash flowers too. No chile or cumin was used, and about 1/2 tsp (or no) salt. A batter of flour would be more likely to be used than cornmeal if there was a good trade supply of it, because although some corn was raised, it was nowhere near as much as in the southwest, and a bit farther north of the Great Lakes, the growing season is too short for cucurbit. The blossoms were most often eaten as a sweet with maple syrup or sprinkled with maple sugar -- and that's still a great way to eat these fritters, too-- blossom-beignets. You can also sprinkle them with sifted powdered sugar, as with New Orleans beignets.

Stir Fried Wild Rice with Sunflower And Sun Dried Cranberries

2 tablespoons olive oil
2 tablespoons finely-minced onions
1 tablespoon azafran
1/4 cup sunflower seeds
1 cup chopped mushrooms
1/4 cup sun-dried cranberries
1 1/2 cup cooked wild rice
salt; to taste
freshly-ground black pepper; to taste



Heat sauté pan. Add olive oil and sauté minced onions and azafran until translucent. Add sunflower seeds, mushrooms and sun-dried cranberries and cook until mushrooms are cooked through. Add cooked wild rice and stir-fry until rice is hot and tender. Add salt and pepper to taste. This recipe yields 2 servings. Comments: This dish is a dish that can be served year round, even during the holidays. It has a variety of flavors. The recipe is a great accompaniment for meat, fish or poultry dishes.

Sunflower Pilaf

1 cup sunflower seeds
2 tablespoons unsalted butter; melted
3/4 teaspoon dried thyme; crumbled
1/4 teaspoon salt
1/4 cup fresh cranberries chopped
**1 large onion; halved lengthwise,
and sliced thin lengthwise**
1 yellow bell pepper; cut julienne strips
1/4 cup olive oil
**2 1/2 cups wild rice - (abt 1 lb); rinsed well in
several changes of water and drains**
4 1/2 cups chicken broth



Preheat the oven to 375 degrees. In a small baking pan toss the sunflower seeds with the butter, the thyme, and the salt until they are coated well and toast them in the middle of the oven for 10 minutes, or until they are crisp and fragrant. In a flameproof casserole cook the onion and the bell pepper and cranberries in the oil over moderately -low heat, stirring, for 5 minutes, or until they are just softened, and with a slotted spoon transfer them to a bowl. Add the rice to the casserole and cook it, stirring constantly, for 1 minute. Stir in the broth, heated to boiling, and salt and pepper to taste and bring the mixture to a boil. Bake the mixture, covered, in the middle of the oven for 40 minutes. Stir in the onion mixture, bake the pilaf, covered, for 30 minutes more, or until the rice is tender and the broth has been absorbed, and stir in the sunflower seeds.

Sunflower Seed Wild Rice Pilaf

4 cup chicken broth
1 cup wild rice, rinsed well
1 3/4 cup wheat pilaf
1 cup sunflower seeds
1 cup cranberries, dried
1 scallion bunch, thinly sliced
1/2 cup italian parsley, chopped
1/2 cup fresh mint leaves, chopped
1 zest of 2 oranges, grated
2 tablespoon olive oil
1 tablespoon orange juice
1 black pepper, freshly ground



In a medium saucepan, bring broth to a boil. Add wild rice to boiling broth. Bring back to a boil, reduce heat to medium-low and cook, covered, for 50 minutes or until rice is tender. Do not over cook. Remove to a large bowl. While the rice is cooking, in another saucepan bring about 2 1/4 cups water to a boil. Stir in the pilaf, cover and bring back to a boil. Reduce heat to low and simmer 15 minutes, or until pilaf is tender. Remove from heat, let rest 15 minutes, and add to the (cooked) wild rice. Add remaining ingredients and toss well. Serve at room temperature.

Three Sisters Corn Casserole

1 pound frozen whole kernel corn
1 pound frozen green beans
4 cups summer squash, diced (about 1 pound;)
1 pint fat free sour cream
1/2 cup egg substitute, beaten
4 tablespoons margarine, melted
1 cup yellow cornmeal
1/2 cup jalapeno peppers, diced
1/2 cup reduced fat monterey jack cheese, di; ced
vegetable oil spray



In a large mixing bowl, mix sour cream and egg substitute together. Add remaining ingredients and mix well. Coat a baking pan or casserole dish with vegetable oil spray and fill with mixture. Bake at 350 degrees Fahrenheit for 45 minutes until golden brown.

White Corn and Ancho Flan

1 ancho chili seeded and course chopped
2 cloves garlic peeled
2 tablespoons olive oil
3 cups fresh white corn
4 eggs
4 egg yolks
2 cups half and half cream
salt and pepper to taste
hot sauce (optional)



1. Preheat the oven to 375°F. Put chopped chili and peeled garlic on a cookie sheet. Drizzle with olive oil and bake for 20 minutes. Separate and remove garlic and chilies. 2. In a food processor puree the garlic with olive oil on cookie sheet poured in. With the machine running, add the eggs, egg yolks, cream, salt, pepper and hot sauce (if desired). Add the corn and chili and process briefly. 3. Ladle the custard into well buttered or oiled muffin or custard cups. Bake in a hot water bath at 375°F for 30 to 40 minutes or until set. Remove from water bath and let cool. Slide a knife around the edges and invert onto a clean surface. Place each flan on a plate and serve.

Wild Honey Roasted Vegetables

2 pcs kumara (sweet potato)
**2 pcs sun chokes (note if you can not find; d
replace with parsnips)**
3 pcs carrots
1/2 cup of wild honey (any honey will do)
2 tsp of olive oil or any other oil



Preheat oven at 190 degrees C 1) Peel Vegetables and cut into lengths 2) Mix Honey and oil together and pour into a Roasting Dish 3) Heat at 190 degrees C for 5 minutes 4) Remove from oven and add vegetables to roasting dish 5) Turn vegetables in honey and oil mixture to coat them 6) Bake at 190 degrees C for between 35-40 minutes, turning regularly, until vegetables are golden and cooked. Serve Hot..... Add some herbs to suit your tastes if you wish...

Wild Rice and Mushrooms

1 tablespoon olive oil
1 cup wild mushrooms, sliced such as more; I and chanterelles
1/2 bay leaf
1 cup wild and brown rice blend
1 tablespoon ramps, minced
2 teaspoons garlic, minced
1/4 cup white wine
1 tablespoon azafran
1 tablespoon wild sage
1 1/2 pints water, hot
salt and pepper to taste
2 tablespoons butter



In a sauce pan sauté mushrooms and bay leaf with olive oil. Once the mushrooms have released some water add the rice and sauté until rice is hot to the touch. Add the ramps, garlic, azafran and sage. Add wine and cook until half of original volume Add most of water and bring to a simmer stirring sometimes. Check seasoning once liquid is mostly absorbed. When rice is done, remove bay leaf and add butter. Note if ramps are not available use white part of a leek. Serve with venison stew or broiled venis on steaks

Wild Rice with Cranberries

1 tablespoon oil
5 medium shallots peeled and finely chopped
2 single celery ribs; finely chopped
1 cup wild rice; rinsed
1/3 cup toasted sunflower seeds
1/4 cup dried cranberries
2 teaspoon aniseed
1/4 teaspoon sea salt; or to taste
4 cup water
1 teaspoon finely chopped orange zest or grate



In a heavy 2-quart saucepan, heat the oil. Add the shallots and celery and sauté for 1 minute. Add enough water to equal 3 cups and bring to a boil. Stir in the rice, dried cranberries, aniseed, and salt. Return to the boil, cover, reduce heat, and simmer until most of the grains have butter flied and almost all the liquid has been absorbed, about 50 minutes. Let stand, covered, off heat for 10 minutes. If there is still liquid left in the bottom of the pot, lift out the rice with a slotted spoon. Stir in toasted sunflower seeds and serve

Wild Rice with Dried Fruit

2 cups long-grain wild rice
6 cups water
1/2 cup dried currents
1/2 cup dried cherries or cranberries
1/2 cup toasted sunflower seeds
1/2 cup roasted hickory nuts chopped
1/2 cup water
salt to taste



Wild rice is expensive but has a wonderful crunchy texture and nutty flavor. If you wish, cook 1 cup of wild rice and 1 cup of brown rice separately, then combine them with the fruit and seeds. Cook wild rice according to package directions, or until ends break open like flowers, about 1 hour; drain. Add wild rice with cherries and pecans. Add 1/2 cup water and salt. Cover pan; cook mixture over low heat or in 300-degree oven 15 minutes. Stir before serving.

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