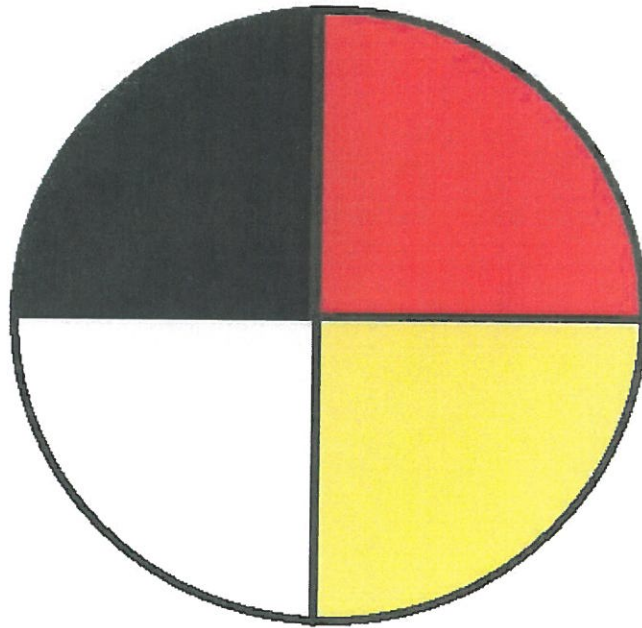


TRADITIONAL FIRST NATIONS



RECIPES

By Hayley Polchies

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Indian Fry Bread

Ingredients:

3 cups flour 2 tsp sugar (optional)
1 cup milk or water 3 tsp baking powder
1 tsp salt

Directions

Heat shortening in deep pan for frying. Mix dry ingredients thoroughly. Add liquid. Knead batter slightly. Batter can be rolled out on flowered board and cut in strips or pinched off in small balls and flattened into shape. Fry, until browned, turning as needed. Bread will rise with frying.

Servings: 6



Bannock

Ingredients:

2 C. cornmeal ½ C. berries

¾ C. water ¼ C. oil for frying

5 T. oil

Blend cornmeal water and 5 T. oil. Add the berries.

Heat the oil in a large skillet. Drop the batter by small spoonfuls into oil. Fry until golden brown and then turn, about 5 minutes per side. Drain.

Servings: 6



Hull Corn Soup

Ingredients:

½ lb. (2 C.) dehydrated corn

¾ lb. cooked salt pork or venison

2 C. cooked beans (red, kidney, or pinto beans)

Directions

Soak corn overnight in enough water to cover the corn. Drain.

Add enough water to cover the corn about 1 inch, bring to a boil.

Cover and simmer about 1 hour.

Add the cooked salt pork or meat and the beans. Simmer 1-2 hours.

Add more water to cover the ingredients throughout the cooking process.

Servings: 12



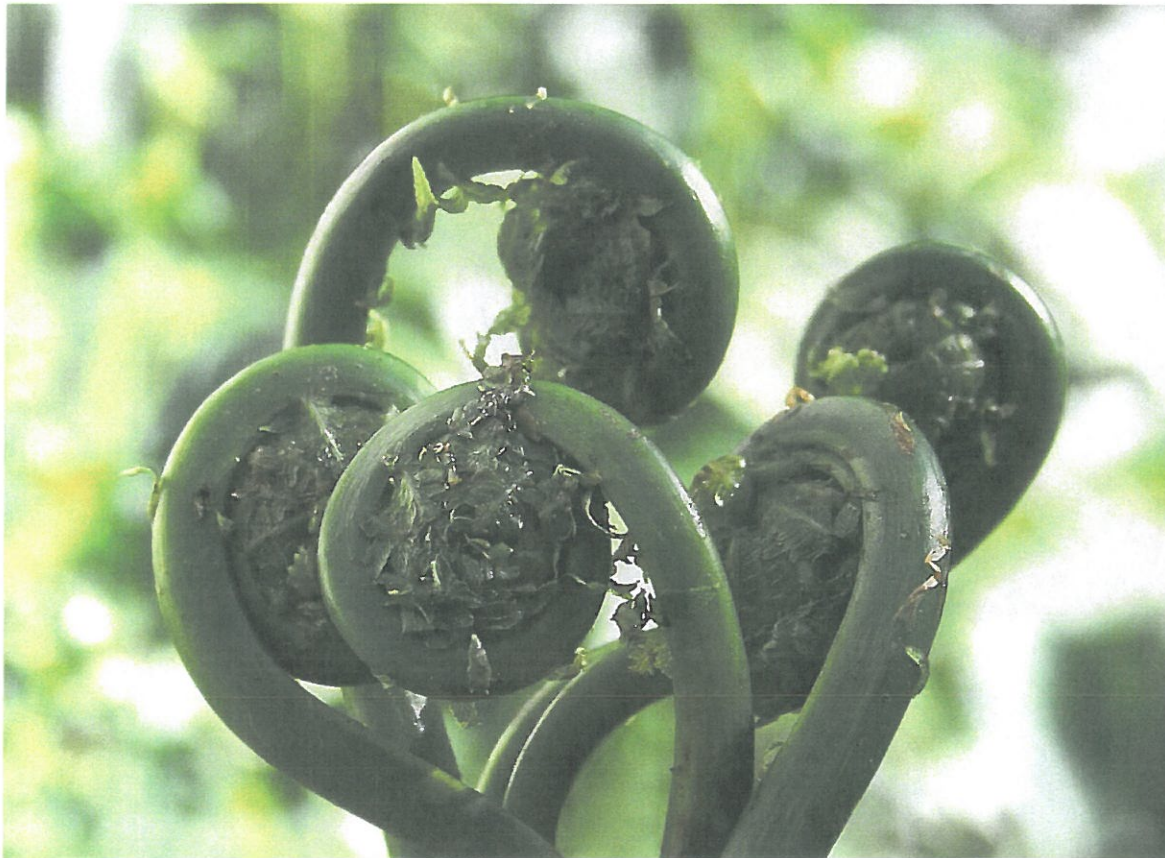
Fiddleheads

Cleaning

- Using your fingers, remove as much of the brown papery husk on the fiddlehead as possible.
- Wash the fiddleheads in several changes of fresh, cold water to remove any residual husk or dirt

Cooking

- Cook fiddleheads in a generous amount of boiling water for 15 minutes, or steam them for 10 to 12 minutes until tender. Discard the water used for boiling or steaming the fiddleheads.
- Cook fiddleheads before sautéing, frying, baking, or using them other foods like mousses and soups.



Grilled Salmon

Ingredients

- Dab of salt & pepper
- Salmon

Directions

Catch and clean a salmon and fillet it.

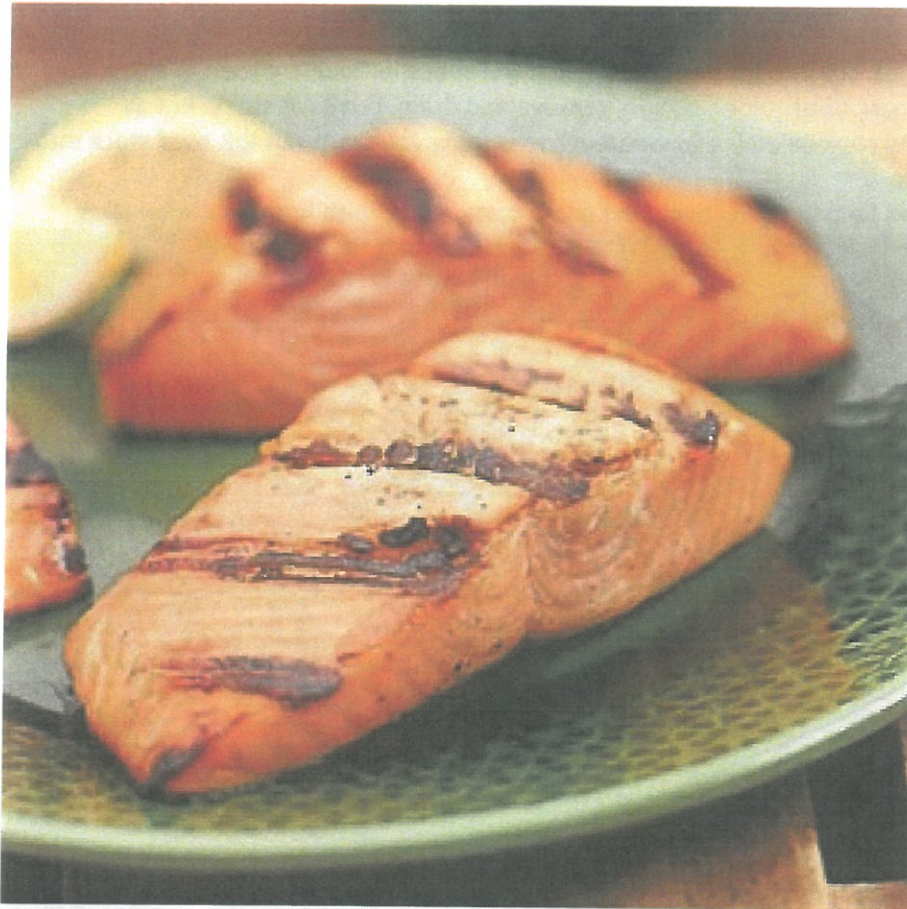
Stovetop:

Get a pan real hot and put a dab of oil.

Lay the salmon on it salt & pepper it and put a lid on it.

Check it out and flip over before it burns.

Yummy!



Deer Stew

Ingredients

- 4 lbs deer meat
- 2 bay leaves
- 6 med whole potatoes
- Italian seasoning
- onion, carrots, garlic
- 3 sweet potatoes, cut into chunks.
- stewed tomatoes
- jalapenos
- cayenne powder 1 table spoon
- 6 celery stalk

Directions

Wash meat real good remove fat, cut into bit size chunks. Roll the cubes in flour, fry then in a cast iron pan with oil on the bottom of pan, until golden brown, remove and drain, but save stock. Put all ingredients into a crock-pot and cook all day. Add whatever seasoning you want Put left over stock into crock-pot after straining grease

Note: cook slow all day, this will help in taking away the game taste. Serve with homemade tortillas



Moose Steak Sandwich

Ingredients

- 1 Large Onion Cut in Preferred Style
- 2 Cans of Mushrooms
- 1/2 Cup of Flour or 1/4 Cup of Cornstarch
- 3 Cups of Water
- 6 Fair Sized Moose Steak
- 6 Slices of Fresh Unsliced Bread
- Salt and Pepper to Taste
- 2 Cups of Warm Water

Directions

In an electric frying pan combine moose steaks a little salt, onions and 3 cups of water

Cook for about 30 minutes.

Add mushrooms cook for 5 minutes.

Mix Flour or corn starch with 1 cup of warm water until mixture is free from lumps and stir into moose.

Cook until a gravy-like substance

add the another cup of water if to thick.

Place a thick slice of bread on plate place 1 steak on it add a scoop of gravy mix on top of steak and bread.

Note: Moose meat may need to cook longer depending on the size of the steak.



Molasses Cake

Ingredients

2 tablespoons reduced-fat butter, softened
1/4 cup sugar
1 egg
1/2 cup molasses
1 cup all-purpose flour
1 teaspoon baking soda
1/4 teaspoon ground ginger
1/4 teaspoon ground cinnamon
1/8 teaspoon salt
1/2 cup hot water
9 tablespoons fat-free whipped topping

Directions

1. In a small bowl, beat butter and sugar until crumbly, about 2 minutes. Beat in egg. Beat in molasses. Combine the flour, baking soda, ginger, cinnamon and salt; add to butter mixture alternately with water, mixing well after each addition.
2. Transfer to a 9-in. square baking pan coated with cooking spray. Bake at 350° for 25-30 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack. Cut into squares; garnish with whipped topping. Yield: 9 servings



FIDDLEHEAD STORY

The Maliseet, Mi'kmaq and Passamaquoddy First Nations used fiddleheads as a valuable food and a medicinal tonic for centuries.

In the late 1700s, when United Empire Loyalists first settled in the St. John River Valley, they were not ready for life in the Acadian forest-and especially for the brutal winters. The Maliseet taught the newcomers many valuable lessons in survival, including how to find, pick and prepare fiddleheads in the spring. Fiddleheads were an excellent source of vitamins and nutrients when food was limited.

Maliseet traditional wisdom taught that eating fiddleheads helps cleanse the body of impurities and toxins. Scientists have recently confirmed what aboriginal people have known all along-that fiddleheads are seriously good for you. In addition to being high in fibre, they are rich in iron, potassium, niacin, riboflavin, magnesium, zinc, phosphorus and vitamins A and C. Researchers at the Agriculture Canada Research Station in Kentville, NS, have also just discovered that fiddleheads contain twice the antioxidants of blueberries and, remarkably, omega-3 fatty acids that are normally found only in fish.

In other words, the fiddlehead is a super food!

This picture shows a First Nations individual following the shore of the river to spot the popular Fiddlehead fern for harvesting.



SALMON STORY

Salmon is considered a traditional first nation food. Everything out of the fish was always used. First Nations people respect that the salmon returns year after year to the St. John River and in some stories, the salmon are considered returning relatives. This gives the salmon a deepening connection to First Nations culture. The salmon is considered a gift of life and very respected for the annual journey the fish makes each year

The salmon was caught at a time when salmon was plentiful in the river. It was usually eaten fresh and then dried in a smoke house for the winter months.

For First Nations cultures, the salmon reminds them of the struggles they had to go through and it continues to teach about their past. It is thought that the salmon teaches the importance of honoring tradition and the cycle of life.

This First Nations woman is smoking salmon over an open fire.



SPECIAL ANNOUNCEMENT

We are pleased to offer our very own Maliseet language app that you can download from Google Play or the App Store for \$1.39.

SUCCESS STORIES

JEDI is proud to support the First Nation Students of George Street Middle School. Their Maliseet Language App, "Helping Hands" won the Entrepreneurial Adventure Program's BMO Financial Group National Student Innovation Award.



Joint Economic Development Initiative



George Street Middle School First Nation Students and staff with JEDI's Mobile App Developers



