

Wojapi

Ingredients:

3 C. berries

3/4 C. sugar

2 1/4 C. water

3 T. cornstarch

Crush the berries but do not puree.

Mix berries with 1 1/2 C. of water. Bring to a boils, stirring occasionally. Lower to a simmer.

Add the sugar and mix. Mix the cornstarch with 3/4 C. water. Add to the berry sauce. Cook about 4-5 minutes or until thickened. Stir constantly.

Servings: 12 servings (1/4 C.)

Tribe: Dakota

Pinon Cakes

Ingredients:

3 C. pinon nuts

½ tsp. salt

1 C. + 2 T. water

3 T. oil

Puree the nuts or chop them and then roll them with a rolling pin to make a coarse meal consistency. Add water and salt and blend. Let the batter sit for an hour at room temperature.

Heat oil in a skillet. Drop batter into oil and form each into a little cake about 3 inches across. Lower the heat slightly. Brown on each side.

Servings: 10

Tribe: Cherokee

Notes: These cakes are served either hot or cold.

- Pinon (pine) nuts are found throughout the southwest (see Edible Plants).
- The pinon nuts can also be eaten raw or roasted directly from the shell; boiled into a gruel, or rolled into balls and eaten as a delicacy.

3. Frybread



[Wikimedia Commons / CambridgeBayWeather](#)

Pretty much [every tribe has their own variation](#) on this mealtime staple, but they all rely on a foundation like the one laid out in this traditional recipe.

Ingredients:

1 cup flour
1/2 tsp. salt
2 tsps. baking powder
3/4 cup milk
Oil or lard for frying

Instructions:

Mix all of the ingredients together well until a dough forms, then knead on a floured surface until it smooths out. Roll them out into a thin layer and cut small portions, then drop into hot oil to fry until golden brown.

7. Baked Pumpkin



[Wikimedia Commons / Tim1965](#)

Members of the Chippewa tribe near Lake Superior have been enjoying this [savory side dish](#) for generations.

Ingredients:

- 1 small pumpkin
- 1/4 cup apple cider
- 1/4 cup maple syrup
- 1/4 cup melted butter

Instructions:

Put the entire pumpkin in your oven and bake at 350 °F for about two hours. Cut the baked pumpkin in half and scoop out the pulp and seeds from inside, spreading the pulp into a casserole dish.

Mix the remaining ingredients in a bowl and pour over the pumpkin. Bake for another 35 minutes.

10. Fried Green Tomatoes



Flickr / Beck

It shouldn't surprise you to learn that this yummy Southern staple started with Native Americans from the region frying up some fresh tomatoes.

Ingredients:

4 large green tomatoes
1 tsp. salt
Pinch black pepper
2 cups coarse ground yellow cornmeal
Lard or vegetable shortening

Instructions:

Slice the tomatoes to about half an inch and sprinkle with the salt. Let them sit for 10 or 15 minutes. Blot dry with paper towels, then sprinkle with pepper.

Dip the slices into cornmeal and heat your lard or oil in a large skillet, then fry the slices until both sides are brown.

CORN, BLUEBERRY AND WILD RICE SALAD

Makes 8 servings

- 6 ears sweet corn, husked (or 1½ cups frozen corn)
- 1 jalapeno pepper, seeded and finely chopped
- 1 cup fresh blueberries
- 4 tablespoons lime juice
- 1 cup cooked wild rice
- 4 tablespoons olive oil
- 1 small cucumber, finely diced
- 2 tablespoons honey or maple syrup
- ¼ cup finely chopped red onion
- ½ teaspoon ground cumin
- ¼ cup chopped fresh cilantro

In a large pot, bring salted water to a boil. Add corn. Cook covered for 5 minutes, or until tender. When cool enough to handle, cut corn from cobs. In a serving bowl combine corn, blueberries, cucumber, red onion, cilantro, wild rice, and jalapeno.

For dressing: in a screw-top jar combine lime juice, oil, honey, cumin, and ½ teaspoon salt. Cover; shake well to combine. Add to salad and toss. Cover the salad and refrigerate overnight or up to 24 hours.



THREE SISTERS STEW

In the Native American mythology of the Southwest, squash, corn and beans are known as the "three sisters." This vegan stew celebrates the three sisters legend, owing its spicy heat to our New Mexico Chile Flakes, which are ubiquitous in the Southwest.

Prep time: 10 min

Cook time: 45 min

Total time: 55 min



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INGREDIENTS

Makes 8 servings

1 Large Butternut Squash, peeled, seeded and cut into large dice

4 Tablespoons Vegetable Oil, divided

1 Medium Onion, chopped

3 Cloves Garlic, minced

2 Poblano Chiles

1 (15 Oz.) Can Diced Fire-Roasted Tomatoes

3 Cups Pinto Beans, cooked

2 Cups Fresh And Frozen Sweet Corn kernels

1 Cup Vegetable Stock

1 Tablespoon Organic Red New Mexico Chile Flakes

2 Teaspoons Ground Cumin

2 Teaspoons Chili Powder

1 Teaspoon Mexican Oregano

Kosher Sea Salt Flakes

Fine Ground Black Pepper

Fresh Cilantro, chopped

DIRECTIONS

1. Preheat oven to 375°F, and line two baking sheets with foil.
2. Toss squash with 2 tablespoons oil, and spread onto baking sheets. Transfer to oven and roast for about 15 minutes, until squash is moderately tender but not completely cooked. Remove from oven and set aside.
3. Heat remaining oil in stock pot over medium heat. Add onion and cook, stirring occasionally, until translucent. Add garlic, and continue cooking until onion is golden.
4. Add roasted squash, chiles, tomatoes, beans, corn, stock, chile flakes, cumin, chili powder, and oregano to pot. Bring to a simmer, and cook, covered, until vegetables are tender, about 20 to 25 minutes.
5. Season to taste with salt and black pepper. Serve garnished with fresh cilantro.