

Native American Traditional Recipes



Shawii:

1. Gather ripe acorns and let them dry in the sun for a few days. Remove caps and crack the acorns open to remove outer shells.
2. Crush acorns with a pestle in a mortar.
3. Separate out the coarser meal. Re grind until the acorn meal is the consistency of cake flour.
4. Acorn meal is high in tannic acid, which has a very bitter taste. To remove the tannic acid, put the acorn meal in a colander or loosely woven basket. Pour warm water over the meal until the water running out the bottom is clear. If you eat acorn meal without removing the tannic acid, the acorn meal will taste bad and will give you a stomachache!
5. To prepare the shawii, take some of the meal and put it in a cooking pot. Add some water until it is the consistency of oatmeal. Cook over a low heat, constantly stirring until heated through.
6. Spoon into a bowl and eat! You can add fruit if you like.



Roasted Turnips and Winter Squash with Agave Glaze

INGREDIENTS

- 2 pounds turnips, trimmed if needed, then cut into 1-inch chunks
- 1 small butternut squash or 2 delicata squash (about 2 pounds total), unpeeled, halved, seeds and membranes scraped away, then cut into 1-inch chunks
- 2 tablespoons sunflower oil
- 2 tablespoons chopped fresh sage
- 2 teaspoons coarse sea salt
- 2 tablespoons light agave nectar
- ¼ cup toasted sunflower seeds

PREPARATION

1. Heat oven to 425 degrees. Line 2 baking sheets or roasting pans with parchment or foil. In a large bowl, toss the turnips and squash with the oil, sage and salt. Divide the mixture between the 2 baking sheets, then spread in an even layer.
2. Transfer to the oven on the middle and lower shelves, and roast for 20 minutes, stirring the vegetables and rotating the baking sheets halfway through. Reduce the heat to 400 degrees and continue to roast until tender and caramelized, another 10 to 20 minutes, stirring and rotating again halfway through.
3. Remove from the oven and brush with the agave. Return to the oven and cook until the vegetables appear glossy, 2 to 3 minutes. Serve with sunflower seeds scattered on top.



Roast Turkey with Berry-Mint Sauce and Black Walnuts

Ingredients:

- 1 (10- to 12-pound) turkey, preferably a heritage breed
- Coarse sea salt
- 1 bunch fresh sage
- 3 cups wild rice cooking liquid (reserved from [Wild Rice and Berries With Popped Rice](#), if desired) or turkey stock, plus more as needed
- 6 medium leeks, white and pale green portions only, halved lengthwise, cut into 2-inch pieces and rinsed clean
- 2 tablespoons sunflower oil
- ½ cup maple syrup, plus more as needed
- 3 cups fresh raspberries or blackberries
- 3 cups fresh or frozen cranberries
- 2 tablespoons chopped fresh mint, plus more as needed
- ½ cup black walnuts (see Note), lightly toasted and chopped
- Pea shoots or microgreens, for garnish

Preparation:

1. Remove giblets from the turkey cavity and discard or reserve for another use. Pat the turkey dry using paper towels. Rub the turkey all over with 1/2 teaspoon salt per pound of turkey. Tuck the sage sprigs inside the turkey cavity.
2. Set the turkey on a baking sheet, breast-side up. Place in the refrigerator, uncovered, for at least 4 hours and up to 6 hours to dry out the skin (this will help it crisp when it roasts).
3. When you are ready to cook the turkey, remove it from the refrigerator and allow it to come to room temperature, 1 1/2 to 2 hours.
4. Heat the oven to 450 degrees. Pour the rice cooking liquid or stock into a large roasting pan and add the leeks. Place a roasting rack on top, then transfer the turkey to the roasting rack, breast-side up, and tuck the wings underneath. Brush the exposed turkey generously with the oil. Transfer to the oven and roast, 30 minutes. Baste the turkey with the pan juices, adding rice cooking liquid or stock

as needed to make sure there is a 1/2-inch layer of liquid at the bottom of the pan.

5. Reduce the oven temperature to 350 degrees and continue roasting, basting every 30 minutes, until an instant-read thermometer inserted into the thickest part of a thigh reaches 165 degrees, 1 to 1 1/2 hours. If the skin begins to darken too much, tent the turkey loosely with aluminum foil. Brush 1/4 cup maple syrup over the turkey. Transfer turkey to a cutting board to rest for 30 minutes before carving.
6. Transfer 3/4 cup of the turkey pan juices to a heavy-bottomed saucepan. Add the raspberries or blackberries, cranberries and the mint to the saucepan, stir with a wooden spoon to combine, and bring to a boil. Reduce the heat to medium and cook, stirring occasionally, until the cranberries have popped open, the raspberries have fallen apart and the liquid is thick enough to coat the back of a spoon, 10 to 12 minutes. Stir in the remaining 1/4 cup maple syrup, then add maple syrup and mint according to taste.
7. Carve the turkey. Smear some berry sauce on each plate. Top with the leeks then the turkey. Garnish with walnuts and pea shoots or microgreens, and pass more berry sauce alongside.



Chia Pudding with Berries and Popped Amaranth:

Ingredients:

- 1 ½ cups unsweetened almond milk, plus more if needed
- ½ cup chia seeds
- ¼ cup light agave nectar
- Pinch of fine sea salt
- ¼ cup amaranth
- 1 to 2 cups fresh mixed berries (any combination of blackberries, blueberries and raspberries)
- ¼ cup crushed manzanita berries (optional)
- Small fresh mint sprigs, for garnish

PREPARATION

1. In a lidded quart container, vigorously whisk together the 1 1/2 cups almond milk, chia seeds, agave and salt. (This ensures the chia seeds are evenly hydrated.) Let the mixture soak in the refrigerator at least 1 hour and up to overnight, so it develops a rich, creamy texture that is similar to that of rice pudding. If the mixture becomes too thick, whisk in more almond milk.
2. While the pudding soaks, heat a small skillet over medium-high. Add the amaranth and cook, shaking the skillet, until the amaranth begins to smell toasty and about half of the seeds have popped, 1 to 2 minutes. Transfer the amaranth to a plate to cool to room temperature. (Popped amaranth can be prepared up to 3 days ahead and stored in a lidded container in a cool, dark place.)
3. To serve, whisk the pudding to incorporate any liquid on top and break up the chia seeds, then spoon pudding into bowls. Top with the berries, popped amaranth and mint sprigs.



Seared Salmon with Crushed Blackberries and Seaweed:

Ingredients:

- 2 cups fresh blackberries
- Coarse sea salt
- 4 (5- to 6-ounce) skin-on salmon fillets, preferably wild-caught sockeye salmon
- 3 tablespoons sunflower oil, plus more as needed.
- 2 to 3 tablespoons dried wakame seaweed
- Fresh chive stems, for garnish

Preparation:

1. In a medium bowl, crush half the blackberries using the back of a fork. Add the remaining whole blackberries, stir to coat and season to taste with salt; set aside.
2. Pat salmon fillets dry with a paper towel. Season with salt on both sides.
3. Heat a large, heavy sauté pan or cast-iron skillet over high. When the pan is hot, add 3 tablespoons oil and carefully swirl it around to coat the bottom of the pan. When the oil begins to shimmer, working in batches if necessary, place the fillets in the pan, flesh-side down, and sear until the salmon picks up some color and releases easily from the pan, 1 to 2 minutes. Flip the fish, reduce the heat to medium and continue cooking until cooked through, about 2 minutes more, depending on the thickness of the salmon.
4. Transfer the fillets from the pan to a warm plate and tent with foil until all fillets are cooked, making sure to get any of the salmon skin that may stick to the pan. (If you're cooking your fillets in multiple batches, you'll want to add 2 to 3 tablespoons of oil to the skillet before pan-searing the second batch.)
5. Divide the salmon among plates, serving it skin-side up. Top with the blackberries, then garnish each plate with the seaweed and a few chive stems.

