



mazon
C A N A D A
The Jewish Response to Hunger

INDIGENOUS RECIPES FROM NORTH AMERICA

This collection of recipes was put together by the filmmaking team of **GATHER**. These recipes include both traditional Indigenous foods and modern dishes that use Indigenous ingredients.

In celebration of Tu Bishvat MAZON presents the award-winning film **GATHER**, "an intimate portrait of the growing movement amongst Indigenous communities to reclaim their spiritual, political and cultural identities through food sovereignty, while battling the trauma of centuries of genocide".

To learn more about the film visit:
[WWW.MAZONCANADA.CA/GATHER-FILM](http://www.mazoncanada.ca/gather-film)

As part of the celebration, please enjoy these Indigenous recipes that all can be made kosher!

Tu Bishvat is a beautiful Jewish holiday celebrating the new year of the trees. In modern Judaism, it's a time to honour our environment. At this time, MAZON Canada remembers that **ALL FOOD COMES FROM THE EARTH.**

To celebrate Tu Bishvat, we are learning more about **DISH WITH ONE SPOON** - a concept shared by many Indigenous communities, including those of the Great Lakes, to explain the relationship between humans, the land, and each other. The dish represents the land that provides our food and other needs, and the spoon is the people who live on it. It reminds us that **WE ALL EAT FROM THE SAME 'DISH'**, and must share resources and 'keep the dish clean' of pollution. This idea has been the basis of laws and treaties for centuries. [LEARN MORE ON OUR BLOG.](#)

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PEMMICAN

By Patricia Rowland

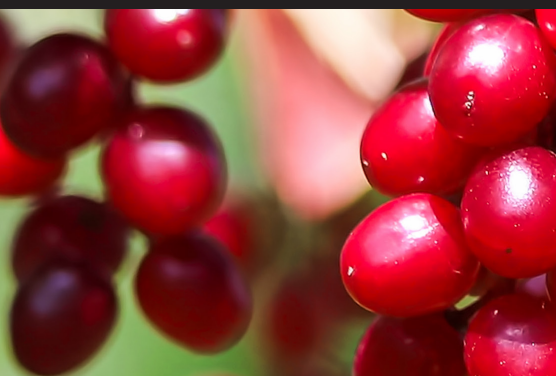
INGREDIENTS

DRIED MEAT (buffalo, game or beef)

DRIED CHOKECHERRIES (juneberries can be used as well)
(use about the same amount as the dried meat)

SUGAR to taste

LARD (to hold together) Do not use shortening or butter



DIRECTIONS

Pound the meat very thin. Grind the dried meat in a food processor. Add the chokecherries and blend together. The consistency should be dry and loose with fruit broken up.

Add melted lard slowly while mixing.

Two tablespoons of fat are used for each 4-5 ounces of meat plus 1/3 cup of fruit. Fat changes the consistency and makes it appear semi-moist instead of dry and improves the flavor and texture.

Store in paper bags.

CORN, BLUEBERRY & WILD RICE SALAD

INGREDIENTS

6 ears SWEET CORN, husked

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

1/4 cup finely chopped RED ONION

1/2 teaspoon ground CUMIN

1/4 cup chopped fresh CILANTRO

DIRECTIONS

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 1/2 teaspoon salt.

Cover and shake well to combine.

Add to salad and toss.

Cover and refrigerate overnight up to 24 hours.



DRIED BERRIES

INGREDIENTS

TRADITIONAL NORTHERN CHEYENNE BERRIES

such as chokecherries, buffalo berries or wild blueberries

DIRECTIONS

After picking the berries, put them, including the seeds, in a blender or food processor and blend/process into a pulp. (Traditionally, the berries were pounded, including the seeds, to a pulp with a formed rock).

Form the pulp into patties, cover them with cheesecloth and lay them out to dry, turning occasionally. (Traditionally, they were dried in the sun).

This process takes about two days. The patties may be stored in a tightly covered container for future use and can be used to make berry sauce.



THREE SISTERS SOUP

From Donna LaChapelle and Patricia Chandler

INGREDIENTS

3 tablespoons BUTTER OR MARGARINE

4 cups VEGETABLE STOCK

1 cup diced ONION

1 clove minced GARLIC

1 BUTTERNUT OR ACORN SQUASH, pre-baked & pureed

1 teaspoon CURRY POWDER

1/2 teaspoon SALT

1/2 cup YELLOW CORN KERNELS

1/4 teaspoon GROUND CORIANDER

1/2 cup cooked HOMINY

1 cup cooked WHITE BEANS

1/8 teaspoon CRUSHED RED PEPPER

DIRECTIONS

Melt butter in a large saucepan over medium-high heat.

Add onion and garlic, cook for 3 to 5 minutes or until tender.

Stir in spices, cook for 1 minute.

Add stock, corn, hominy, and beans, and bring to a boil.

Reduce heat to low and cook, stirring occasionally, for 15-20 minutes to develop flavors.

Stir in pureed squash, cook for 5 minutes or until heated through.

Serve warm with chives and plain yogurt as a garnish.





WILD RICE HAMBURGERS

INGREDIENTS

1 pound GROUND BEEF
2 cups cooked WILD RICE
2 cloves minced GARLIC
1 tablespoon FRESH CHOPPED OR DRIED THYME, OREGANO, AND/OR ROSEMARY
SALT AND PEPPER to taste

DIRECTIONS

Thoroughly mix the wild rice, ground beef and optional ingredients, if desired, in a large bowl until the texture is consistent. Form into patties and grill or cook, and then serve like a standard hamburger.



BLUEBERRY & PEACH SALSA

INGREDIENTS

1 cup BLUEBERRIES
1 cup DICED PEACHES
1-2 cups DICED TOMATOES
2 minced GREEN ONIONS
Juice of 1 LIME
SALT AND PEPPER to taste
1-2 cloves MINCED GARLIC (optional)
1 tablespoon MINCED CILANTRO (optional)

DIRECTIONS

Simply mix the ingredients and serve with your favorite tortilla chips.