



For more than **4,000 years**, we have cultivated many different kinds of corn! For example, by the 1500s, the Iroquois were already growing **150 varieties** of corn, which were used for food and trade. This grain that we find so frequently on our plates was the **very** basis of the First Nations diet for a very long time.

Pumpkins, squash and **beans** have also been grown for a very long time in our country. We also collect small fruits

such as **raspberries, blueberries** and **wild cherries**.

Indigenous people also use dried **berries** to mix in with **dried meat** and **fat** to make **pemmican**, a food that could be stored for a long time.

All these foodstuffs enabled Indigenous people to prepare some delicious dishes. Here are some recipes **you can make with adult's help**:

COUREUR DES BOIS CASSEROLE

Four to six servings

Ingredients:

1½ to 2 lbs (700 g–1 kg) of wild game suitable for roasting — caribou, moose, deer or hare. (Beef may be substituted for game meat.)

¼ lb (125 g) salted fatty lard

2 medium onions cut in pieces

2 cups (500 ml) of cold water

Make some grandfather's dough based on the bannock recipe.

Method:

Preheat the oven to 325°F (165°C).

On the stove, in an ovenproof casserole:

1. Melt thin slices of the salted lard;
2. Add the pieces of onion and brown them slightly;
3. Add the piece of meat;
4. Add the water — it should be very cold so that the meat retains its juice.

Cover the casserole and put in the oven. Cook at 325°F (165°C) for half an hour, then lower the temperature to 225°F (110°C) and cook for between 3 to 6 hours, depending on the meat chosen. Half an hour before the end of the cooking time, add some sliced potatoes and spoonfuls of dough (see the bannock recipe) to the cooking broth all around the meat.

FRIED BREAD

Six servings

Ingredients:

3 cups (750 ml) sifted flour

1 tsp (5 ml) salt

1–2 Tbsp (15–30 ml) baking powder

Water

Vegetable oil or lard

Method:

1. Mix half of the flour with the remaining dry ingredients.
2. Add water until the mixture becomes thick, like paper maché paste. Add more flour until the dough feels like a soft earlobe.
3. Heat the oil over medium-high heat until very hot but not smoking.
4. Break off small pieces of the dough, and flatten each to the size of your palm.
5. Place the pieces in the hot oil.
6. Turn over after 3–4 minutes, or when golden brown.
7. Place the bannock on a paper towel to soak up the excess grease.
8. Serve plain or with maple syrup or blueberry jam.

