

# TAMARACK HONEY DRIZZLE\*

Makes

½ Cup

WICHÁYAŽIPA THÚNKĀ AKÁŠTANPI



## INGREDIENTS

- ½ cup Honey
- 2 tablespoons tamarack shoots or fresh rosemary
- Water as needed

## DIRECTIONS

1. In a small saucepan, warm the honey and tamarack shoots on low heat
2. Puree in a blender or food processor, adding a little water to thin as necessary. Transfer to a clean glass jar and store on the counter out of sunlight

\*Sean Sherman with Beth Dooley (2017)  
*The Sioux Chef's Indigenous Kitchen*  
(pg. 20)

# PARTRIDGE ALFREDO

Rich and creamy, a new way to use a bird

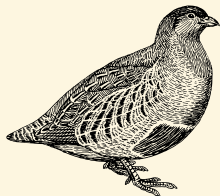


## DIRECTIONS

### INGREDIENTS

- Rough grouse/ spruce grouse
- Olive oil
- Fiddleheads
- Zucchini
- Red pepper
- Garlic Alfredo sauce
- Noodles
- Spices (Italian/ garlic/ basil/ oregano/ rosemary)

1. Clean grouse and cut into small pieces
2. Fry up in a skillet with olive oil
3. Boil noodles
4. Add in vegetables once grouse is close to being finished and cook together
5. Add creamy Alfredo sauce after grouse and vegetables softened and cooked
6. Drain water from noodles
7. Add grouse sauce to noodles



# MOOSE CRANBERRY SAUSAGE PATTIES\*

Adapted from Turtle Island by Sean Sherman

Makes

6-8 Patties



## INGREDIENTS

- 3 juniper berries
- 450g moose
- 50g pork trim
- 1 cup cooked wild rice
- ⅓ cup dried cranberries, chopped
- 1 ¼ tsp sage
- salt to taste

## DIRECTIONS

1. Crush juniper into powder
2. Grind moose and pork together
3. Mix in large bowl with chilled rice, cranberries, sage, juniper, and salt
4. Form into patties
5. Chill until ready to cook
6. Can fry or cook in 350° F oven for 6-8 minutes, flipping halfway through cooking



# MANOOMIN BERRY BOWL

Sweet, nutty, and with a hint of warm spice



## INGREDIENTS

- 1 cup wild rice uncooked
- 1/4 cup dried cranberries
- 1 cup fresh or frozen berries (raspberries, saskatoon berries, blackberries)
- 1/3 cup maple syrup
- 1 tsp cinnamon

## DIRECTIONS

1. Add 1 cup of wild rice, 2 1/2 cups of water, and 1/4 cup of dried cranberries to a pot
2. Simmer on medium low heat until water is gone (about 45 minutes).
3. Mix in berries, maple syrup, and top with cinnamon

RECIPE ADAPTED FROM INDIGIKITCHEN (2017)  
<https://www.indigikitchen.com/potawatomi-berry-rice/>

# PANKO CRUSTED WALLEYE\*

Sometimes the simplest recipes are the best



Image by AGoudaLife.com

## INGREDIENTS

- 1 - 1 ½ lbs walleye fillets
- ½ teaspoon salt/pepper
- 2 large eggs
- ½ cup panko or bread crumbs
- 1 cup all purpose flour
- ½ cup vegetable oil

## DIRECTIONS

1. Cut the fish into a few pieces and season evenly with the salt and pepper
2. Whisk the eggs with a bit of water
3. In a second bowl, combine panko/bread crumbs and flour
4. Dip the walleye fillets into the egg mixture then dredge in the flour mixture, pressing it gently into the fish
5. Add oil to a large skillet. Heat oil over medium heat to 350-375° F
6. Cook fish 3-4 minutes (cooking time will vary with the size of each piece) then turn and cook the second side 2-3 minutes or until golden brown and the fish flakes easily with a fork.
7. Remove fish from the skillet to a paper towel lined plate to absorb any excess oil. Serve right away



RECIPE ADAPTED FROM

A Gouda Life (2025)

<https://www.agoudalife.com/pan-fried-walleye/>

# DANDELION FRITTERS\*

Named after milk as dandelions are associated with helping to bring in breast milk



## DOODOOSHAABOOJIBIK • DANDELION

Anishinabek Nation's Facebook Page

### INGREDIENTS

- 10-12 flowers
- oil for frying

#### Dry

- ½ cup flour
- ½ cup cornmeal
- 1 tsp cayenne
- 2 tsp salt

#### Wet

- ½ cup milk
- 1 Tbsp maple syrup
- 1 egg

### DIRECTIONS

1. Mix dry and wet ingredients separately
2. Combine both to create a thick batter (adjust flour or milk as needed)
3. Heat oil to medium high temperature
4. Coat each flower head in the batter then fry until golden brown
5. Enjoy!



RECIPE ADAPTED FROM Black Forager (2023)

<https://www.instagram.com/reel/CqEiKzPjStO/>

# FIDDLEHEADS\*

Spring greens never tasted so good!



Image by [Marie O'Malley](#), from [Pixabay](#).



## INGREDIENTS

- ½ lb (250g) fiddleheads
- 1 Tbsp butter/oil
- ½ an onion
- 2 cloves garlic
- Pinch salt and pepper
- 1 slice bacon (optional)

## DIRECTIONS

1. Wash fiddleheads thoroughly
2. In a large pot of boiling salted water, cook fiddleheads for 3 minutes before draining and rinsing with cold water. Set aside
3. In skillet, cook bacon until crisp and remove to side
4. Melt the butter/oil in the remaining bacon fat (if using) and saute onion and garlic until soft
5. Add fiddleheads back to pan and saute together for 5 minutes
6. Top with bacon

\*Andrew George Jr. and Robert Gairns  
(1997) *A feast for all seasons: Traditional  
Native People's cuisine*. Pg 69



# ROASTED VEGETABLES

The high heat creates delicious caramelization!



Image by [Pirkko Seitzenpiste](#) from [Pixabay](#)

## INGREDIENTS

- 3 beets, chopped
- 2 sweet potatoes, chopped
- 5 carrots, chopped
- 1 squash, chopped
- 3 Tbsp oil
- 1 tsp pepper, salt
- 2 Tbsp Italian seasoning

## DIRECTIONS

1. Preheat oven to 425° F
2. Toss vegetables in oil and spices
3. Bake on a lined sheet for 12 minutes
4. Stir vegetables and then bake until tender (12-15 minutes longer)



# MANOOMIN AND MUSHROOMS\*

“Here is one mouth-watering way of preparing a very old and precious gift from Mother Earth” (George and Gairns, 1997)



Image by [Marie O'Malley](#) from [Pixabay](#)

## DIRECTIONS

1. In large skillet, melt butter/oil and fry onion and celery until soft
2. Stir in sage and thyme, then mushrooms and cook 2-3 minutes until mushrooms are tender
3. Wash rice then bring rice and broth to a boil
4. Reduce heat to low and simmer, covered, 35 minutes until rice is cooked and liquid is absorbed
5. Add mushroom mix to rice and top with parsley

## INGREDIENTS

- ¼ cup butter/oil
- ½ cup onion, diced
- ¼ cup celery, diced
- ½ tsp dried sage
- ½ tsp dried thyme
- 3 cups mushrooms, diced
- 1 ½ cups wild rice
- 3 cups broth
- 2 tbsp fresh parsley, chopped

\*Andrew George Jr. and Robert Gairns (1997) *A feast for all seasons: Traditional Native People's cuisine*. Pg 71

