

HOMINY

Ingredients

1 quart dried whole ears of corn
Water
2 tablespoons baking soda
1 $\frac{1}{4}$ teaspoons salt
Butter

Steps

1. Wash corn with warm water.
2. Put corn in a stainless steel pan.
3. Add 2 quarts of water and baking soda.
4. Put a lid on the pan and let the mixture sit overnight.
5. Put pan on the stove and bring mixture to a boil.
6. Simmer for 3 hours.
7. Drain the corn and put into cold water.
8. Rub the corn until the hulls are removed.
9. Drain corn and put in saucepan again with 2 more quarts of cold water.
10. Bring to boil.
11. Simmer for 1 hour.
12. Drain, put in cold water, and rub hulls off again.
13. If hulls are not removed at this point, repeat boiling/rubbing process.
14. When hulls have been removed, drain and stir in salt and butter to taste.

Serves 4 to 6.

ZUNI SUCCOTASH

Ingredients

$\frac{1}{2}$ pound beef, cut into small squares
4 cups water
2 cans corn, drained
2 cans string beans, drained
1 cup sunflower seeds, shelled
Salt and pepper

Steps

1. Boil beef squares in water until tender.
2. Add corn and string beans and heat thoroughly.
3. Mash sunflower seeds by placing seeds between waxed paper and pressing with a rolling pin.
4. Bring beef mixture to a boil again and add mashed seeds, stirring well.
5. Simmer until broth has thickened.
6. Add salt and pepper to taste.

Serves 4 to 6.

BOILED SQUASH PUDDING

Ingredients

2 large acorn squash

3 apples

Water

½ cup maple syrup or maple sugar (brown sugar may be substituted)

½ teaspoon salt

Steps

1. Peel squash and cut into small chunks.
2. Put squash in saucepan and add water to about 1-inch deep.
3. Peel, core, and cut apples into chunks.
4. Add apples to squash.
5. Bring water to a boil.
6. Simmer over low heat until squash and apples are soft. Add water if needed.
7. Remove pan from stove.
8. Mash and stir squash and apples.
9. Add maple syrup and salt and stir thoroughly.
10. Serve warm or cold.

Serves 6 to 8.

POPCORN BALLS

Note: This was a special treat for the children during maple syrup boiling time.

Ingredients

¾ cup maple syrup

3 cups popped popcorn

Steps

1. Boil maple syrup in saucepan over medium heat until it reaches 250 degrees or the hard-ball stage, turning hard and crunchy when a drop is dropped into cold water.
2. Pour maple syrup over popcorn in a large bowl. Stir quickly.
3. When syrup cools enough to be handled, roll into balls.
4. Put balls on greased waxed paper until they cool completely.

Makes 5 to 6 medium-sized popcorn balls.

WILD RICE WITH BLUEBERRIES

Ingredients

1 cup wild rice
2 ½ cups water
1 teaspoon salt
1 cup blueberries

Steps

1. Wash and drain rice three times.
2. Put rice, water, and salt into a saucepan. Cook over low heat until water is absorbed and rice has softened (about 45 minutes).
3. Stir in blueberries.
4. Serve warm.

Serves 4 to 6.

GROUND NUT CAKES

Ingredients

1 cup ground nuts
½ cup maple syrup
1 teaspoon vanilla
½ cup flour

Steps

1. Mix nuts, syrup, and vanilla.
2. Stir in flour.
3. Form dough into 1-inch balls.
4. Place on greased cookie sheets.
5. Bake at 350 degrees for 5 to 10 minutes or until firm and browned.

Makes 15 to 20 cakes.

CORN AND EGGS DISH

Ingredients

½ pound solid bacon
3 eggs
1 cup corn kernels

Steps

1. Cut bacon into 1-inch cubes.
2. Fry bacon in a skillet over medium-high heat until crisp and brown.
3. Pour off the liquid fat.
4. Reduce heat to low.
5. Beat eggs in bowl and stir in corn.
6. Pour egg mixture over bacon in skillet.
7. Stir and cook until eggs are done.

Serves 4.