

NATIVE AMERICAN



NRCNAA

RECIPE
COMPILATION

ARCTIC



AKUTAQ
(INUIT ICE CREAM)



PICKLED MUKTUK
(PICKLED WHALE BLUBBER)



PAN-FRIED NUNAVUT BANNOCK
(PAN FRIED BREAD--ADOPTED
FOOD AFTER TRADE WITH
EUROPEANS BEGAN)



Pan Fried
Nunavut
Bannock

NUNAVUT BANNOCK
RECIPE #2

SUBARCTIC



MANOMIN
WILD RICE
FROM: OJIBWE TRIBE



OJIBWE POPPED WILD RICE



CH'ITSUH
PEMMICAN
FROM: OLD CROW NATION

NORTHWEST COAST



SUQUAMISH
NATION
SMOKED SALMON



GATHER AND PROCESS
STINGING NETTLES
FROM: MUCKLESHOOT
TRIBE



VIDEO: DINNER MENU

PLATEAU



PHOTO CREDIT: UNIVERSITY OF WASHINGTON LIBRARIES,
SPECIAL COLLECTIONS, NA 584

TRADITIONAL COAST SALISH FOODS



TRADITIONAL DIP NET FISHING FROM: YAKAMA NATION



TRADITIONAL PIT OVEN FROM: NLAKA'PAMUX NATION

CALIFORNIA



COLLECTION OF RECIPES
AND TRADITIONAL
TECHNIQUES



INDIGENOUS
STYLE
CLAM CHOWDER



NATIVE FOODS--USES AND
SUGGESTED PREPARATION
FROM: CHUMASH TRIBE

GREAT BASIN



VARIOUS RECIPES AND HISTORY
COURTESY OF
BEN RUPERT
DUCK VALLEY SHOSHONE-
PAIUTE TRIBE



MEDICINAL HERBS
FROM: SHOSHONE
TRIBE



TEPARY BEANS WITH
CHILE AGAVE GLAZE

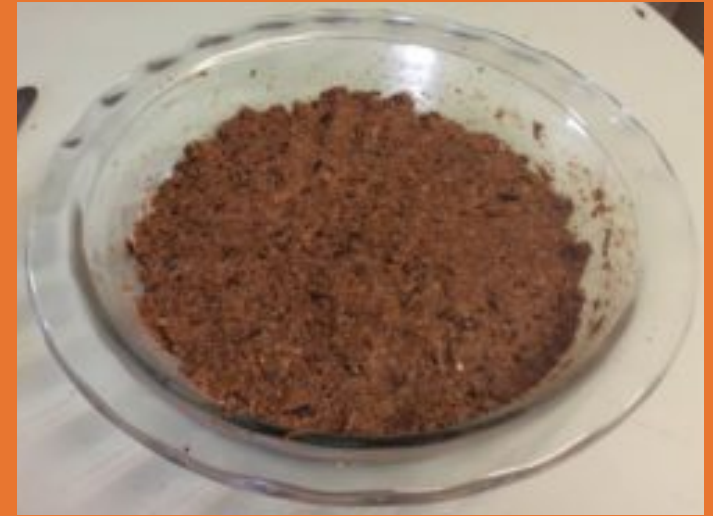
PLAINS



WOJAPE
(BERRY PUDDING)
FROM: BLACKFEET
NATION



MULTIPLE RECIPES!
FROM: VARIOUS
PLAINS TRIBES



WASNA
(DRIED MEAT AND
CHOKECHERRY)
FROM: LAKOTA NATION

NORTHEAST



3 SISTERS RICE
FROM: MASHPEE
WAMPANOAG NATION



3 SISTERS SOUP AND
SHAWNEE CAKES
FROM: SHAWNEE
TRIBE



SHĚWAHSAPAN
(GRAPE DUMPLINGS)
FROM: LENAPE
DELAWARE TRIBE

SOUTHWEST



WAKAVAKI
BEEF STEW
FROM: YAQUI TRIBE

APACHE ACORN
CAKES



CORN SQUASH PUDDING
FROM: ZUNI NATION



ZUNI PUEBLO NATION
RECIPES

SOUTHEAST



CHOCTAW NATION
MULTIPLE RECIPES!



KANUCHI
(CHEROKEE PUREED
NUT SOUP)

VIDEO: KANUCHI
PREPARATION



SAFKI/SOFKI/SOFKEE
(CORN PORRIDGE OR
DRINK DEPENDING ON
THICKNESS)

AMAZING RESOURCE!



NRCNAA

COMPILATION OF RECIPES FROM NUMEROUS
NATIVE AMERICAN TRIBES/NATIONS
COURTESY OF NRCNAA (NATIONAL RESOURCE
CENTER ON NATIVE AMERICAN AGING)