

Buffalo and Noodles Casserole

CHERIE LAPOINTE, WINNEBAGO

Served at Talking Circles in Winnebago, NE

3 lbs. cubed buffalo roast

1 lg. bag No Yokes egg noodles

2 jars Heinz Low Sodium Beef Gravy

Boil buffalo cubes in a saucepan of water, and then drain. Boil noodles until they are cooked to your satisfaction. While noodles are cooking, heat gravy adding the buffalo cubes over medium heat. Drain noodles and pour into a pan, pour gravy and buffalo over noodles.

Serves 10

“When diabetes is diagnosed early, and when simple changes in diet and exercise are made, people can live long and healthy lives with diabetes. To win this battle, Indians need only draw on our traditions, our customs and ourselves. Through unity as a people and with commitment to this approach, we have the potential to save our children, our elders and ourselves from diabetes. We can return to the state of physical and spiritual health that is our birthright as recently as one hundred years ago.”

Lorelei De Cora, Project Director SEVA Foundation

Buffalo Pie

CHERIE LAPOINTE, WINNEBAGO

Served at Talking Circles in Winnebago, NE

- 3 lbs. ground buffalo
- 1 bag tator tots
- 1 can corn
- 1 can green beans
- 1 can carrots (diced)
- 1 can "Healthy Choice" cream of mushroom soup

Brown ground buffalo and drain all moisture. Drain all vegetables and rinse with cold water. Mix all vegetables and the cooked buffalo together with the mushroom soup. Spread into a cake pan. Place tator tots on the top. Bake at the temperature and time on the tator tot bag.

Serves 10

According to the 1990 U.S. Census, 32% of American Indians lived below the poverty level as compared to 13% of the U.S. All Races population.

Of all ethnic groups, American Indians had the highest percentage living below the poverty level.

This poverty makes it difficult for American Indians to be able to afford healthy foods such as fresh fruits and vegetables.

Lakota Dried Meat & Dried Choke Cherries – (Wasna)

RUTH CEDAR FACE, PORCUPINE, SD

My Grandmother, Edna Lone Hill Two Dogs, taught me how to make this wasna when I was 12 years old. She is now 84 years old and can no longer make it due to arthritis.

2-4 strips of dried deer, beef or buffalo meat (PaPa)

2-4 dried choke cherry patties

2-4 tablespoons sugar

vegetable oil

The choke cherry patties need to be soaked over night in water to soften them.

Place dried meat in shallow baking pan in a 350° oven until meat is crunchy, but not burnt! Place meat in a cloth dishtowel and pound until the PaPa (dried meat)

is shredded or ground. (May be able to grind with a meat grinder.) Place in a bowl.

Break up choke cherries in the PaPa. Add a little (approximately 1/8 cup) of the choke cherry water to moisten the mix.

Add the sugar according to your taste and preference. I usually add about 2 tablespoons. Mix well.

Add some vegetable oil about 1/4 cup to keep the mix moistened. Place in a bowl and it's ready to serve.

At some point, kidney fat was used to make the wasna hard for easier carrying. But now, due to the high rate of heart disease and diabetes, we tried to lower the fat content by substituting vegetable oil for kidney fat. It does not change the taste of the wasna.

Cowboy Bread

VIOLA LAPOINTE, HO CHUNK ELDER, WINNEBAGO, NE

- 1-2 cups of flour*
- 1 tablespoon of baking power*
- 2 tablespoons of sugar*
- 1 teaspoon of salt*
- 1-1/2 cups of warm water*
- 1 cup of milk*

Using a medium size bowl, fill it full of flour. Push flour to the sides making a hole in the middle of the bowl. In the hole pour 1 tablespoon of baking powder, 2 tablespoons of sugar, teaspoon of salt, 1 1/2 cups of warm water and a cup of milk. Mix with hands.

Heat griddle to medium heat.

Make a round flat biscuit, size of your palm.
(Flatten to approximately 1 inch thick.)

Cook slowly on griddle, approximately 5 minutes on each side.

Makes 12 pieces

“The path toward healing must start in the past, if it is to lead to wellness for Native People in the future.”

*Lorelei De Cora, Project Director
SEVA Foundation*

Ho Chunk Milkweed Soup (mahic) or (mah-heench)

VIOLA LAPOINTE, HO CHUNK ELDER, WINNEBAGO, NE

(Mahic) or (Mah-heench) is what the Winnebago call milk weed. The Europeans call it poison. But we have been eating it for as long as I can remember.

Top leaves of milk weed

Blossoms of the milk weed

1 pinch of salt

Pot of water

You pick it at the very beginning of the spring. The part of plant that you pick is the top four leaves. There may be some little flower blossoms on the top, pick those too. (That's the good stuff.)

Soak leaves and blossoms for approximately 1 hour. Add a pinch or two of salt to the water. The salt gets any little bugs off the leaves.

Bring a soup pot of water to a boil. You usually use the same amount of water as the leaves you harvested. So your pot should be half water and half (mahic) or (mah-heench). Boil for 30 – 40 minutes. Stirring occasionally. It's ready to eat.

“Wellness warriors don't deny diabetes. They fight it!”

Participant in Project Focus Groups

Ho Chunk Field Corn Bread (woboxiri) or (wah-bo-xee-ddee)

THIS RECIPE IS SHARED BY A HO CHUNK WOMAN,
AS TAUGHT TO HER BY HER CHO-KA (GRANDFATHER).

*(waboxori) or (wah-bo-xee-ddee) - "something that's
squashed by force."*

16 ears of field corn

Flour as needed

Harvest the corn when the corn kernels are milky.
Squash with fingers. If corn milk sprays from the
kernel, it is ready to be picked.

Remove husks from cob. Scrape the corn off the cob
into a large bowl. (Try to only get the top part of the
kernel. Using the whole kernel will result in a very
heavy bread.)

You can use the sharp edge of a metal lid from a can
to scrape the corn.

If it's too watery, add enough flour so it's not runny.

Pour into a greased pan. Bake at 375° for 20 minutes.

*“I think being healthy is eating right
(no greasy or fried foods) and being
active or exercising. Not putting any-
thing in your body that can ruin
your insides or your outsides. This
includes having spirituality in your
overall life.”*

Oglala Lakota woman

Choke Cherry Patties – (Dried Lakota Style)

BURDETTE CLIFFORD, ROSEBUD, SD

Taught to me by my mother

At the end of July, we went down and checked the choke cherries and they were deep red. So we knew we'd have to wait another 10 –14 days. Then we went back the second week of August and many were ready, but not all of them. The ones that were ready were a deep reddish/purple and we ate some. They were juicy and sweet. We put a sheet under each bush and shook the choke cherry bush. The ripe choke cherries just dropped onto the sheet. We put them into buckets we brought with us. We filled up seven gallon buckets and went home.

At home, we setup our old fashioned grinder and cleared the leaves and washed the choke cherries. Then we ground them all up in the grinder. As the

ground choke cherries dropped into the bowl, keeping the juice in them we made thin patties. We made 54 patties out of the seven gallon buckets worth of choke cherries. Then we set them on the roof in the sun for about five days. But we brought them in each night and turned them over each day. Once they were dry after the five days, we stored them in a huge linen bag, which we hung up.

“All foods are healthy if eaten in moderation, not cooked in fat and are balanced with exercise and activity.”

Participant in Project Focus Groups

Lakota Indian Pudding – (Wojapi)

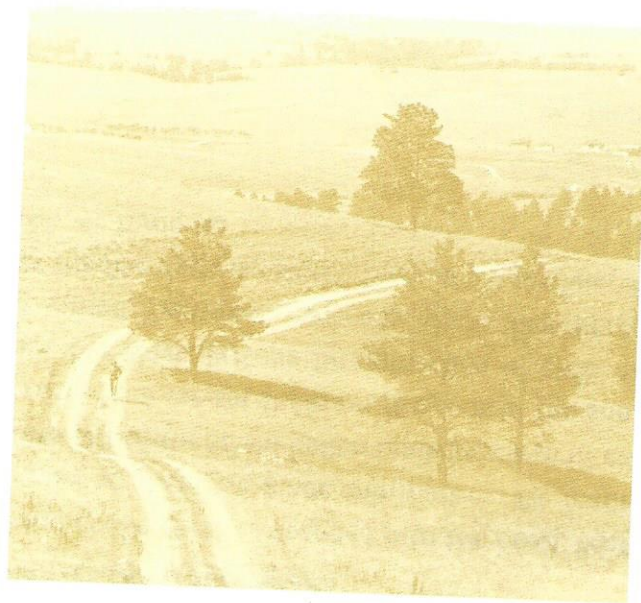
BURDETTE CLIFFORD, ROSEBUD, SD

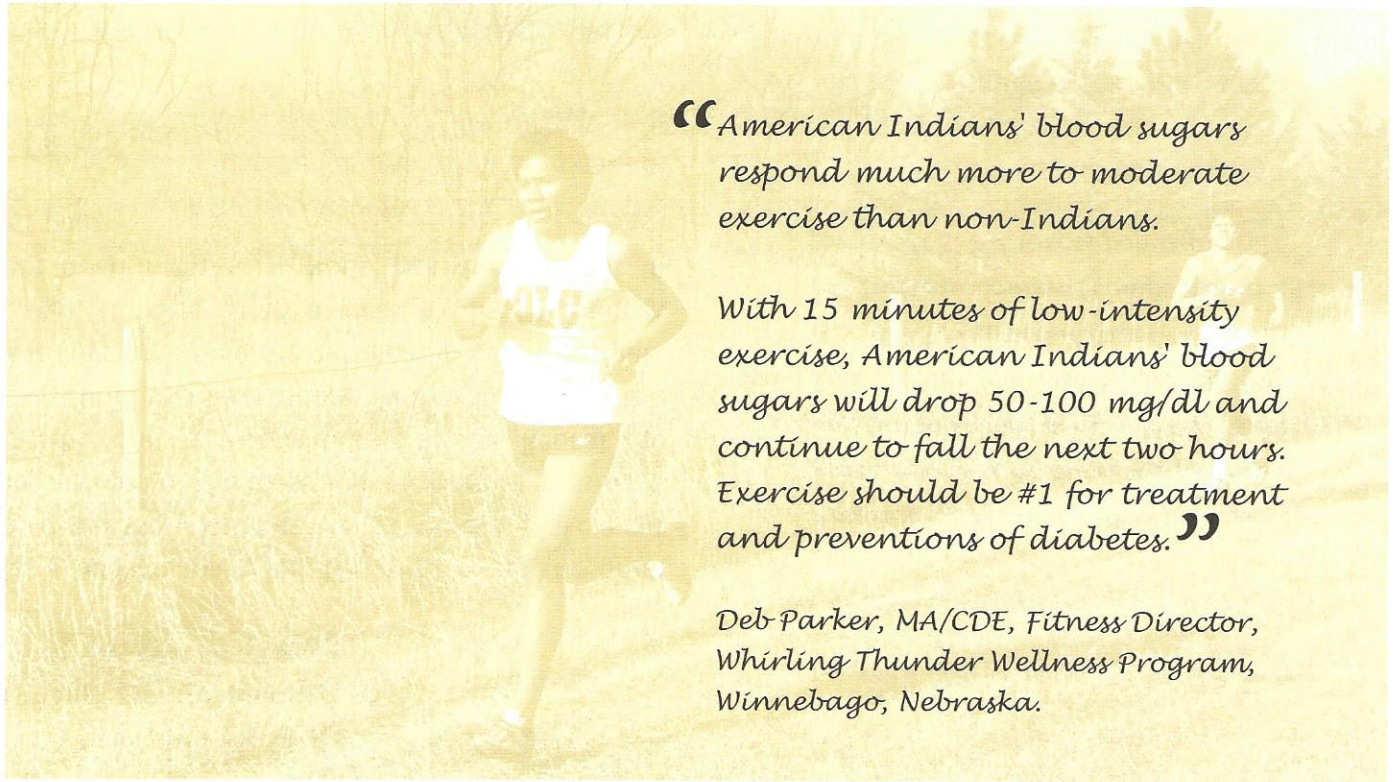
Taught to me by my mother

Now, we used the choke cherries patties as we needed them, for wojapi. You have to soak about five patties in water overnight in order to make a small pot of wojapi. Then you put the water and soaking patties onto a medium heat and let them boil for about an hour.

Then after they have boiled for an hour they'll soften up, so you can break them apart in the water as it's boiling. Once they're all broken up and lying loose on the bottom of the pot you turn the heat down to low and you can add a little mix of corn starch and water to thicken it to the consistency of a pudding. Stirring constantly so you don't make lumps. There it is, wojapi.

Others might use the choke cherry patties to make wasna, but that's another recipe.





“American Indians' blood sugars respond much more to moderate exercise than non-Indians.

With 15 minutes of low-intensity exercise, American Indians' blood sugars will drop 50-100 mg/dl and continue to fall the next two hours. Exercise should be #1 for treatment and preventions of diabetes.”

*Deb Parker, MA/CDE, Fitness Director,
Whirling Thunder Wellness Program,
Winnebago, Nebraska.*

Lakota Dried Meat – (PaPa)

MARGARET ZEPHIER, WAGNER, SD

I learned this from my stepmother

Take a buffalo roast, cut the meat along the grain with a real sharp knife as thin as you can. Make a cut from one end of the roast and cut from there toward the other end, it should double in size. Repeat the process until you have extremely thin slices and can't cut it anymore. Hang the cut meat in a well ventilated area. It takes about a week to dry thoroughly. Store dried meat in a cloth sack and hang it in your pantry.

“Diabetes prevention to me is a restoration of US as a People.”

Ho Chunk man, Winnebago, Nebraska

American Indians nationwide are more overweight than the general population with a rate of 40.3% for Indian men (compared to 25% for the U.S. All Races population) and 33.7% for Indian women (compared to 24.1 % for the U.S. All Races population).

Hubbard Squash

VIOLA LAPOINTE, HO CHUNK ELDER, WINNEBAGO, NE

Farmers nowadays only use Hubbard squash when it is the size of a small football. Farmers pick their squash at this time, because the skin is easier to cut through. But the way I was taught was different. When the squash is large (sort of looking like an alien spore) that is when it is the best, because it gets sweeter.

Using a large knife and a hammer you split the squash open. I usually split one large squash into six pieces. Take out all seeds. Place the pieces of squash into a large pot and boil for approximately 25-30 minutes.

Take squash out of the water using a fork or tongs so you don't burn yourself. Place onto a surface to cool.

When the squash is cool enough to handle with your hand scrape the orange squash from the skin. You can mash all contents together and reheat for eating or you can place into a freezer bag and freeze until you wish to eat it. It is sweet and moist already - you need not add anything else.

When asked whether he thought diabetes is preventable, a young Lakota man said, "Somehow diabetes got here, so there has to be a way to send it back to wherever it came from."

Participant in Project Focus Groups

Drying Indian Corn – (Washa) Ho Chunk Style

A HO CHUNK WOMAN, WINNEBAGO, NE

Washa means (dried corn) in the Ho Chunk language.

This was taught to me by two of my grandmothers, an aunt, and my mother. Drying corn is not only part of the harvest, but it is time for family and friends to gather and socialize.

Firewood (preferably red elm)

Pitchfork

Outdoor fireplace, with a grate Large cooking pot

Bowls and Spoons

Drying screen

Sheet /tablecloth (which air can get through)

Sheer cloth (example: sheer curtain) you need quite a few pieces of this material

Start your fire and keep it hot. Place the large cooking pot with water in it on the fire. You can begin removing the husk and corn hair from your corn. Place the removed husks near your fireplace. When you husk enough to fill your pot with a batch of corn and the water is boiling in the pot you can begin.

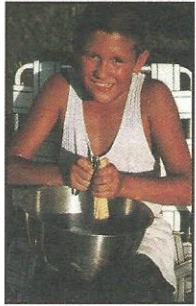


tending the corn

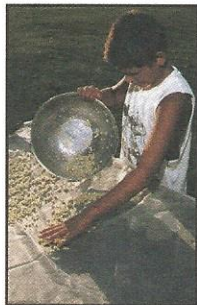


husking the corn

You need only to boil your corn until the color of the corn changes once. (Example; if it is white boil only until it is a light yellow / if it is lavender boil only until it is light purple) Color change usually only takes about 5-7 minutes if your fire is nice and hot.



scraping the corn



spreading the corn

You then take the corn out using your pitchfork and place it on the husks on the ground near your fireplace. Let cool until you are able to handle it with your hands. (Cover with a sheet so that the corn doesn't attract flies.)

You then take a bowl and spoon and using the edge of the spoon you scrape the corn off the cob into a bowl, but you must get the heart of the kernel. (Run the side of spoon in between the rows of corn lifting the corn off the cob while pushing down the cob, start at one end and push to the other end. Continue until all corn is off the cob.)

When your bowl is full you are ready to start the drying process. Place one of the sheer pieces of material onto the drying screen and then place your corn from your bowl onto the sheer material. Spread the corn evenly so that all may get sunlight and all will get the wind blowing through the screen. Then place another sheer material on the top of the corn and anchor it down with rocks. Make sure your drying screen is placed where the sun will shine on it all day long. You need to re-spread your corn about two to three times a day; this turns the kernels so that they dry. You leave your corn in the sun light for about two to three days (but make sure and take it in at night and spread it on your table, this way it will not mold or sour).

When the corn is dry and ready for storage it will shrink once in size. Then you place it in freezer bags and freeze it or you can store it in well-sealed jars. You continue

this process until all the corn that you picked is dry. We used to have the kids husk the corn, the men cook the corn and then the women would do the rest. This is what made three circles of peers and the socializing took place. But most of time the young girls had to help the women, so that we learned.

* You must keep a close eye on your corn as it nears harvest time, because there is only one certain time that it is ready for drying. When you can pop a kernel of corn with your fingernail and milk sprays, it's ready.



cooking the corn

Ho Chunk Corn Soup – (Washa)

A HO CHUNK WOMAN

1 quart of dried corn

Buffalo meat (cubed)

Pot of water

One quart of dried corn will serve about fifty people.

You must soak your corn over night so that it expands to its natural size. In the morning drain the corn and wash it well, so that all loose cob fragments and corn hair are removed. Then place the corn in a large pot of boiling water and cover. Cook the corn until it is soft; around 2 hours of constant boiling. You will need to stir and add water through out the 2 hours that the corn is boiling. So you need to keep an eye

on it. You can then cut small cubes of buffalo roast and place them into the pot. When meat is done, that's it. There's your washa and buffalo.

If cooked outdoors on an open fire the taste is much better.

Nutritional value:

*Beef Filet Mignon 3 oz = 800 kcal, 6 gm fat
(1/2 of this is artery clogging)*

Buffalo Meat 3 oz = 125 kcal, 0.3 gm fat

*Drinking one can of pop a day for one year
is equal to 30 pounds of white sugar intake.*

Indian Corn Hominy – Ho Chunk Way of Preparation

ELAINE RICE, WINNEBAGO, NE

This method for making hominy was taught to me by Scott Snake.

Ears of corn gone hard

Thick pot holders

Readily available water source

Big stir stick

Pitchfork and/or shovel

Tongs (salad-sized)

Hard wood, such as red elm, cut into logs

Strainer with handle

Hose (optional)

Handkerchief

Gallon-sized freezer bags

Metal fireplace (a big grate or grill will do, provided you have blocks of some kind to set it on)

One large kettle (including lid), but two kettles would be better

Piece of string, maybe a foot and a half long

Several containers for storage of kernels in between boiling

Pick corn sometime after the first frost. Shell the corn (take hard kernels off the cobs). The amount of corn you shell is up to you.

Start fire in the fireplace. Keep the fire going throughout the cooking process. Put kettle on to boil, having

filled it with water about halfway. Break off a piece of coal (maybe fist-sized or so) from one of the burning logs, and pick it up with tongs and put it into water or spill water on it until cool. Wrap the coal inside the handkerchief, tying diagonal corners to each other. Tie the bundle with one end of the string, leaving about a foot of string hanging.

When the water is boiling, drop in the corn kernels. Tie the end of the string onto the kettle handle and drop in the bundle of coal. Allow the corn to boil for one hour, stirring occasionally. If your batch is large, and you have a second kettle, put second kettle full of water on to boil now.

After allowing the corn to boil for one hour, pull the kettle off the fire, and pour out as much water as possible. Pull out one strainer full of kernels at a time and

rinse them well before temporarily storing them in the containers. Once all the kernels have been well rinsed, put them into a fresh kettle of boiling water, making sure the coal bag is tied onto the handle. Boil the kernels with the coal a second time in fresh water for one hour. Put on second kettle of water to boil, if appropriate. Pull off the kettle after one hour and rinse the kernels again.

At this point, you should notice that the kernels have split their skin. Once this has occurred, you will no longer need the handkerchief containing the coal. Boil kernels in fresh water for an hour and rinse a third time. Then do this a fourth and fifth time. Allow hominy to cool. Put it into gallon-sized freezer bags, and freeze it until you need it.

Lakota Dried Meat Soup – (PaPa Soup)

INEZ ROETHER, ST. FRANCIS, SD

Rosebud Reservation

"timpsila" – Lakota word for wild turnip, picked in June and before tops fall off – peel and dry. A bluish purple color flower looking plant, after the tops fall off you cannot find them.

"PaPa" – Lakota word for dried meat "wastunkila" – Lakota word for dried corn

6 pieces of PaPa / dried meat torn to bite size pieces

1/2 string of timpsila / wild turnip*

2 cups of wastunkila / dried corn*

1 large diced onion

1 dash of salt and pepper

6 diced potatoes (optional)

5 quarts of water

**Soak timpsila in water the night before cooking and you can slice them or cut them in half.*

**Soak wastunkila in water the night before cooking.*

Add 4 quarts of water and start to boil, then add your PaPa, turnips, dried corn. Cook for four hours, if need be. Let cook till turnips are soft (check turnips by slicing one in half). If turnips are done add the onions, potatoes, salt, pepper and more water if needed. Cook until potatoes are done. 8 servings.

(Could be cooked in a slow cooker, start in the morning by adding all ingredients except the potatoes)

“ We can worry about it (diabetes) or deny it. We choose the ways we eat and cook. ”

Participant in Project Focus Groups

How To Traditionally Process A Taniga (Tripe)

BURDETTE CLIFFORD, ROSEBUD, SD

As taught to me by my mother, Elizabeth Clifford

"Taniga"— Lakota word for paunch (tripe) of a buffalo or beef

After the buffalo or beef cow has been killed and bled, an incision is made from the neck down to the groin. The internal organs (heart, kidneys, liver, gall-bladder and pancreas) are removed first. The cow has 4 bellies with intestines. These are removed for cleaning. The 4 bellies are cut-open and emptied of contents, washed and cleaned. These will be cut into smaller pieces for cooking or storage. The intestines can be cleaned with a hose of water running down throughout to remove all waste. The smaller intestines can be braided and cut-into cooking size pieces. The larger intestines are cut into cooking size pieces for cooking or storage. Nowadays, taniga is usually frozen after its been processed.

“When I was growing up, I was taught to always listen to my stomach. It will tell me when it is full and to stop eating. If I continued to eat, I would get that bloated feeling after that and that is when the weight problem starts. So, always listen to your stomach and it will tell you when to stop eating and you'll be much healthier.”

Ho Chunk man, Winnebago, Nebraska

Lakota Plain Tripe Soup – (Taniga Soup)

INEZ ROETHER, ST. FRANCIS, SD

Rosebud Reservation

5 quarts of water

2 packs store bought or traditionally
processed taniga (chopped)

7 cans of white or yellow hominy
or 7 cups of home made hominy

1/2 string of timsila (sliced or halved)

Dash of salt and pepper

Add timsila to water and boil for 3 hours. Add taniga and cook both for another hour and a half until timsila is done. Then add hominy, salt, pepper and water if needed, let cook for half an hour.

10-12 servings

“I am a 73 year old grandmother and I run up to three miles a day with my grandsons because I don't want them or me to get diabetes.”

Oglala Lakota elderly woman

Lakota Spicy Tripe Soup – (Spicy Taniga Soup)

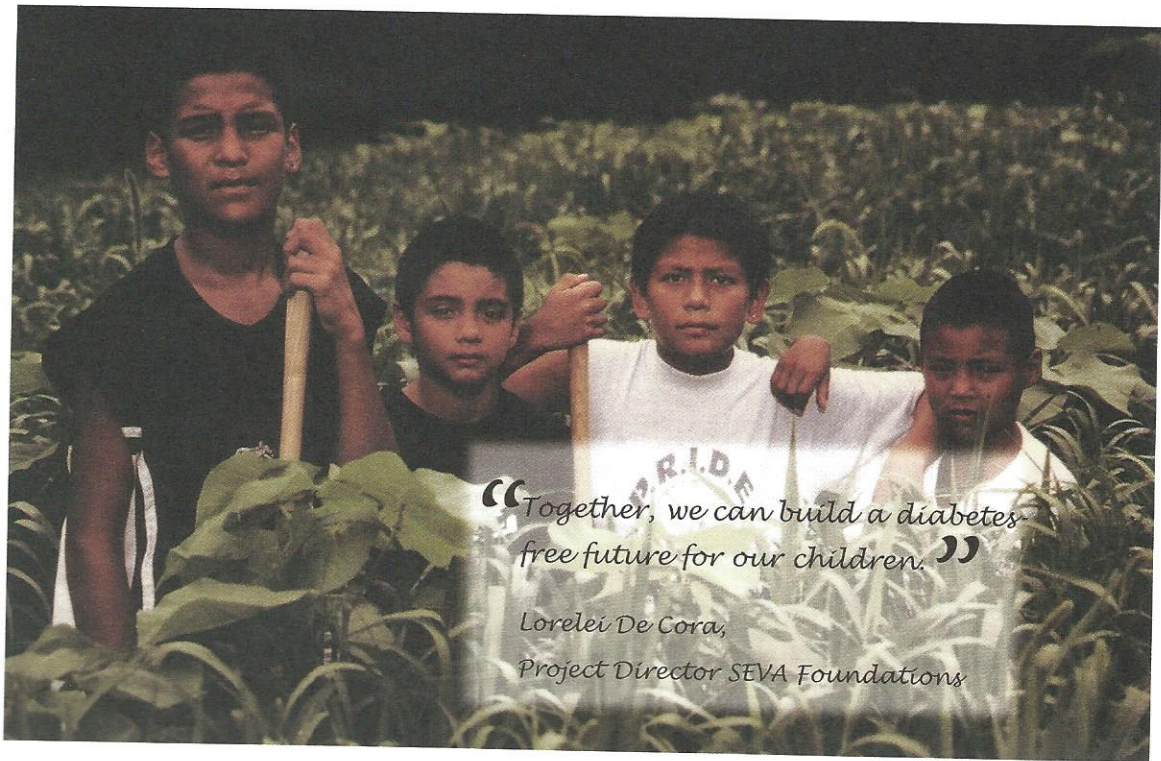
INEZ ROETHER, ST. FRANCIS, SD
Rosebud Reservation

5 quarts of water
2 packs of store bought or traditionally processed taniga (chopped)
7 can of white or yellow hominy or 7 cups of home made hominy
1 large green pepper chopped
1 large onion chopped
1 tablespoon garlic or powder
1 teaspoon chili powder

Add water and taniga let boil for one and half hours or until taniga is done, add hominy and seasonings and let boil for half an hour. 10-12 servings

“The buffalo represents the people and the universe and should always be treated with respect, for was he not here before the two-legged peoples, and is he not generous in that he gives us our homes and our food? The buffalo is wise in many things, and, thus we should always be as a relative with him.”

Black Elk, Oglala Lakota holy man, *The Sacred Pipe*, 1953



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Add your favorite family recipes

