



Sally Wecker is a member of the board of directors of Four Directions Healing Foundation. Before her retirement in 2010, she worked with Eurest Dining services for 20 years serving at Bradley University in Peoria, Illinois. She is and has been chief “cook and bottle washer” for the Gathering of Veterans Powwow at Seven Circles

Heritage Center since 2009. She has also shared her cooking talents at the Dixon Mounds Winter Gathering since 2011. Although she claims no Native American ancestry, her heart and spirit lean in that direction and she has been received as a spirit sister by a Lakota family in Peoria, Illinois. She has also been lovingly embraced by the larger local Native American community. Because of her love and fascination with multi-cultural cooking, Sally has personally researched and learned how to cook the foods of many different nations. She shares her knowledge of First Nations cooking with us today.



Danira “Danita” Parra is of Akimel O’odham (Pima) and Yaqui descent through her father; Hispanic and Mexican Indian descent through her mother. Although her mom and grandma did their best to teach her to cook, Danira doesn’t blame them for her meager cooking abilities. Claiming she enjoys eating “fresh out of a can,” Danira lives by the adage, “Those who can do; those who can’t teach.” [Let the student beware.] She loves a good story and will entertain you with her folksy style. She currently serves as board president of the Four Directions Healing Foundation and is the pastor of Ransom United Methodist Church in Illinois.



Chillicothe Public Library
presents



NATIVE AMERICAN COOKING
Three Sisters Together Again

interpreted by

Sally Wecker & Danira Parra

4 Directions Healing Foundation
www.4directionshealingfoundation.com

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FOUR DIRECTIONS HEALING FOUNDATION



Established in 2010, 4 Directions Healing Foundation [“4DHF”] is a 501c(3), not-for-profit organization created by Native Americans across the United States to address issues we believe to be important and relative to all people, regardless of their heritage.

Our goals are:

- to promote authentic public education about Native Americans,
- to labor for the unification and healing of all people with a special emphasis on Native American people,
- to provide physical and financial assistance for Native Americans who are in dire need, with a special emphasis for elders and youth on reservations or Indian Communities,
- to protect Native American culture(s) against those who misrepresent and exploit them, and
- to work toward the healing of our natural world.

Four Directions Healing Foundation strives to be a living, visible example of one of the most core Native American traditions, which is working for the good of the people. By example, we hope to show people the giving spirit of Native Americans, and inspire others to give in their respective communities.

THREE SISTERS STEW

1 medium onion, chopped	1 medium pepper, diced
3 T oil	2 cups water
1 lb beef cut in small chunks for stew	
2 cups diced zucchini (½ yellow, ½ green)	
2 cups green beans frozen or fresh	
2 cups hominy, canned	2 cloves garlic, whole
4 cups vegetable stock	Salt, to taste
1 tsp dried parsley	½ tsp oregano
3 bay leaves, whole	Dash pepper
3 dry guajillo peppers, prepared as 1 cup sauce (see page 10)	

Cut up meat into bite sized chunks and sauté over medium heat in pan. Reduce heat to low, cover and simmer while preparing veggies. In separate pan sauté onions and pepper in oil over low heat. When onions become glassy, add 2 cups of water to the veggies, then transfer to a 3 quart pot. Remove cooked meat chunks from fat and add to 3 quart pot. Add the remaining vegetables and cover with vegetable stock. Prepare guajillo peppers (see page 10), add to stew, cover and reduce to low heat. Allow to slow cook for until meat is tender. Remove garlic cloves and bay leaves and serve hot.

Makes about ten (10) 1-cup servings

NOTE: This stew is a very good vegetarian meal when prepared without the meat. It can also be prepared in the morning and allowed to cook for almost as long as one wishes as long as the heat is very low or it is simmered in a crock pot. However, watch the level of the liquids.

GREEN BEANS IN CHILE SAUCE

1 medium onion ½ green pepper
3 stalks celery 4 T oil
1 tsp salt 1 cup tomato sauce
3 cups guajillo chili sauce (see below) or
 May substitute 2 cans red enchilada sauce
3 T peanut butter
Fresh or frozen green beans

Finely dice onion, green pepper, and celery. Sauté in oil in a large frying pan over medium heat. When the onions become glassy, add the enchilada sauce, tomato sauce, salt and peanut butter. Stir constantly until peanut butter melts and the sauce begins to thicken. Add in the green beans and allow to simmer at low heat for 15-20 minutes or until green beans are just tender. Serve hot as a vegetable side dish.

Makes 6-8 servings.

GUAJILLO CHILI SAUCE

3 dry guajillo chili pods 2 cups water

Remove stems and seeds from the chili pods. Place dry pods in small sauce pan, cover with water and place on medium heat. When almost to boiling point, carefully remove pods and place in blender. Add 1 ½ cups of the hot water in which they were steeping. Blend, working up to highest setting. Pour out the liquid through a fine sieve to remove bits of unblended chili skin.

Makes 1 cup.

Spirituality is inherent in almost every aspect of Native American living, including in ritual, ceremony, as well as in what might be considered by others as the mundane and routine aspects of life. But because our connection to the Creator is so important to us, we also believe that it is imperative that we, as an organization, conduct ourselves in pure-hearted and prayerful ways. Within 4 Directions Healing Foundation, we seek to unify Native American people from all tribes, working for the good of Native Americans across the nation.

Our board of directors include 12 persons, most of which are of Native American heritage, some of which are recognized tribal members, and all of whom have made a commitment to these ideals.

How can you help?

- **Book a Speaker:** We are interested and available to speak at schools, clubs, churches, and civic organizations to share and teach both about history as well as about present-day Native American people and their ways. While our foundation does not charge for its presentations, we do ask that you provide the speaker with an honorarium to cover his/her travel expenses and time away from work.
- **Make a Donation:** You may become a general member of the 4 Directions Healing Foundation by making a financial donation to our organization. Your donation is 100% tax deductible.

RECIPES

HIBISCUS-PEPPERMINT SUN TEA

1 gallon water
½ cup dried red hibiscus flowers
¼ cup dried peppermint leaves

Fill a gallon jar with water. Create a cloth bag out of a 6-8 inch square of muslin or cheesecloth (triple layered). Put leaves in the center of the cloth and tie it shut with clean cotton twine. Place lid secure on jar or if no lid cover with plastic wrap and seal with a rubberband. Set jar out in sun for 4 hours or longer. Bring in and remove the cloth bag, squeezing out the excess liquid. Sweeten as desired with your favorite sweetener. Serve over ice.

Optional Method – Using Hot Water

Bring gallon of water to almost boiling point. Remove from heat source place bags in water and allow to steep for 20 minutes. Carefully remove cloth teabag from water and squeeze excess water from bag between two tablespoons. Serve hot or cold as desired.

Orange Flavored: Add a clove studded orange and cinnamon sticks to the hot water and tea bag to create an even more aromatic and flavorful autumn or winter warmer.

PUMPKIN SOUP

3 cups cooked pumpkin or canned puree
1 quart milk (for creamy) or
vegetable or chicken stock
2 T butter or margarine
2 T. honey
2 T. maple syrup or brown sugar
½ tsp marjoram
Dash pepper
¼ tsp cinnamon
1/8 tsp nutmeg
1 tsp salt

Slowly heat pumpkin puree, milk/stock, butter, and honey together in large sauce pan. Stir constantly. Combine sugar/syrup and spices, salt and stir into pumpkin mixture. Heat slowly to simmering. Do not boil.

Makes seven (7) 1-cup servings.

BLUE CORNMEAL-SAGE MUFFINS

From Vegetarian Times November 2002

3/4 c. unsalted butter	1/3 c. granulated sugar
4 large eggs	1/2 c. regular or low-fat milk
4 oz. Monterey jack or pepper jack cheese, grated	3 oz. fresh goat cheese or cream cheese
1 c. unbleached flour	1 c. blue cornmeal
2 1/2 tsp. baking powder	1 tsp. salt
3/4 tsp. dried sage	

Several dried corn husks, soaked in warm water briefly, until pliable (optional)

Preheat oven to 375 degrees. Grease 12-muffin tin. If using corn husks, tear lengthwise about 3/4- to 1-inch wide at widest point. Lay 2 strips overlapping in an "X" in each muffin cup, with long ends jutting out above pan.

Cream butter and sugar with mixer or food processor. Add eggs, milk and cheeses, mixing well after each addition. Sift together flour, cornmeal, baking powder, salt and sage. Spoon dry mixture into batter about 1/3 at a time, mixing until combined after each addition.

Scoop batter into prepared muffin tin, rounding at top of each muffin. Bake 22 to 24 minutes, until toothpick inserted in center comes out clean. Serve warm.

Note: You can use yellow cornmeal instead of the blue cornmeal; sage may be added to your own favorite corn muffin or cornbread recipe.

ATOLE

This is a thickened hot drink that can be flavored with instant anything – chocolate, strawberry, caramel, etc. For Southwestern Indian families it has that comforting corn fragrance that smells just like home.

1 1/4 cups of water
2 T brown sugar
2 T liquid sweetener like agave syrup, honey, or molasses
3/4 cup cold water
1/4 cup finely ground corn flour (masa harina) – not corn meal
1/4 tsp cinnamon
1/2 tsp vanilla

In medium saucepan bring water almost to boiling point over medium heat. Add brown sugar, liquid sweetener, and vanilla. In a separate cup mix cold water and corn flour stirring briskly until flour is completely incorporated. Stir in cinnamon.

While constantly stirring the hot sweetened water, add the flour/water mixture. Continue stirring until the liquid begins to thicken. Serve immediately.

Makes two (2) 1-cup servings

Option: For a creamier texture replace the 1/2 cup cold water with milk or milk substitute.

Flavored Option: Add liquid flavoring (chocolate syrup) to the hot water together with the brown sugar and liquid sweetener; or add powdered flavoring (like Nestles chocolate or strawberry flavoring) along with the corn flour to the cold water, stir briskly and continue as above.

WOJAPI PUDDING (WO-ZAH-PEE)

Lakota/Cree

2 lbs berries blueberry, strawberry, blackberry or raspberry
1 tbsp honey
1 cup water
½ cup flour

Put berries, honey and water in saucepan and mash together. Stir in flour a little at a time. Bring to boil over medium heat. Lower heat and simmer, stirring constantly until pudding thickens. Remove from heat and cool

Can be served over fry bread, ice cream or other desserts, cornbread, biscuits, or just about any other place you want to use it.

NOTE: Wojapi is a traditional dish that predates anyone living now. The traditional ingredients were wild choke cherry, plum, sand cherry, currant, buffalo berry or grape, all wild and all found on the Great Plains. Wild corn flour was used for thickening and wild honey was used for sweetener. If the berries are fresh and sweet, there is no need to add sweetener. Today, regular honey or sugar is used, which is not as nutritious.

GRILLED CORN CAKES

2 large eggs, separated
½ cup fine corn flour (not corn meal)
¾ cup sweet corn kernels
2 T finely chopped onions
2 T finely chopped red or green peppers
1 clove garlic, diced
¼ tsp salt
Pepper to taste
Non-stick spray for griddle

Separate the eggs setting aside the yolks and putting the whites into a medium sized bowl. Beat the egg whites until frothy but not stiff. In a separate container beat the egg yolks and add the remaining ingredients. The dough will be stiff, wet, and lumpy. Add the dough to the egg whites and fold-in carefully so as to retain the fluffiness. Form patties that measure about 2- to 2½-inches in diameter one at a time placing each onto a hot griddle as they are made. Cook for about 1-2 minutes until done, flip and cook on the other side. Serve hot with favorite topping. May be either savory or sweet.

Makes 8 small patties.

NOTE: It is possible to “cheat” on this recipe and use canned or frozen corn. There are even some canned corns that are available with red peppers and onions already mixed in.