



RECIPES FROM TURTLE ISLAND

A SLOW FOOD COLLECTION FROM
INDIGENOUS CHEFS OF NORTH AMERICA

HONORING RECIPES FROM TURTLE ISLAND

In this special World Food Day collaborative project, we are presenting 14 delicious and nutritious recipes from Indigenous chefs, across North America, who are part of the Slow Food Turtle Island Association. We are also marking the 75th anniversary of the Food and Agriculture Organization of the United Nations (FAO) and over 30 years of the global Slow Food movement. In this effort, we are calling upon governments, businesses and eaters in Turtle Island (North America) and beyond to ensure that our food systems grow biodiverse foods that nourish people and sustain the planet.

This year, the COVID-19 health crisis is highlighting our need for a worldwide shift to adaptation, resilience and healing. As we all work towards recovery, we give deep respect and recognition to Indigenous communities who are working to sustain and revitalize traditional foodways. It's high time that we center Indigenous perspectives in the path to heal our country, and food is a core part of that journey. Indigenous peoples of the world continue to be amongst those most affected by the crisis.

We are delighted to feature renowned chefs Sean Sherman (Oglala Lakota), Vincent Medina (Miwok Ohlone) and Louis Trevino (Rumsen Ohlone), Elena Terry (Ho-Chunk), Crystal Wahpepah (Kickapoo), Loretta Oden (Potawatomi), Brian Yazzie (Diné), and Nephi Craig (White Mountain Apache and Diné), who is also featured in the film *Gather*. We thank you all for sharing your recipes, knowledge and tradition with us, and we humbly acknowledge your ongoing work to revive and sustain Indigenous foodways and communities with healthy traditional foods.

So, let's get cooking! In these pages, we'll explore seeds, fresh greens, berries, root vegetables, grains, corn, beans and healthy meats. We'll connect with the diversity, taste and restorative nutrition of Recipes from Turtle Island.

Denisa Livingston (Diné)

*International Indigenous Councilor of
the Global North*

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**Food and Agriculture Organization of the
United Nations (FAO)**



The Navajo-Churro Sheep Presidium was founded in 2006 with Slow Food to revive this ancestral Navajo breed of sheep and to support the livelihoods of Diné sheepherders.

SLOW FOOD TURTLE ISLAND

Slow Food Turtle Island Association is the regional Indigenous Terra Madre network for North America, focused on preserving and cultivating heritage and traditional foods throughout Turtle Island. The association grew out of a decade-long process of collaboration between Native American farmers, food producers, chefs and advocates with Slow Food International, Slow Food USA and the wider Terra Madre network.

Indigenous Terra Madre (ITM) is a network of Indigenous communities, partners and organizations. ITM is an integral part of the global Terra Madre network in bringing Indigenous peoples' voices to the forefront of the debate on food and culture, institutionalizing Indigenous peoples' participation in the Slow Food movement and its projects as well as developing both regional and global networks of indigenous communities in North America.

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ABOUT THE CHEFS



Nephi Craig *White Mountain Apache Nation, Diné*
Chef Nephi Craig has 22 years culinary experience in America and around the world in London, Germany, Brazil and Japan. Chef Craig is also the founder of the Native American Culinary Association (NACA) and served as executive chef of the Sunrise Park Resort Hotel for nine years. Craig teaches and speaks on Native American Cuisine for health to schools, restaurants, universities, treatment centers, behavioral health agencies and tribal entities across America and abroad. Executive Chef Nephi Craig is currently the Nutritional Recovery Program Coordinator & Executive Chef at the Rainbow Treatment Center and Café Gozhóó on White Mountain Apache land in Arizona. Craig is featured in the recent film, *Gather*.

Vincent Medina *Muwekma Ohlone*
& **Louis Trevino** *Rumsen Ohlone*
Chef Medina is a member of the Muwekma Ohlone Tribe of the San Francisco Bay Area, and as a culture bearer he leads the Chochenyo Ohlone language revival. Chef Trevino is a member of the Rumsen Ohlone community, and is a teacher of the Rumsen Ohlone language. Together, they are co-founders of mak'-amham, a cultural institution and restaurant focused on reviving and strengthening traditional Ohlone foods and sharing them back with their communities.



Loretta Oden *Potawatomi*
Chef Loretta Oden is the EMMY Award-winning chef/owner of The Corn Dance Café, a fine dining restaurant in Santa Fe that featured Indigenous foods of the Americas for a decade. Ingredients included pre-European contact foods from Nunavut to Tierro del Fuego, on a menu that was both cutting-edge and deeply rooted in tradition. She now travels extensively, doing cooking demonstrations, lectures and programs relating to Native Cuisine and health, introducing audiences to a world of Indigenous food knowledge, tastes and culture.

Sean Sherman *Oglala Lakota*

Born in Pine Ridge, SD, Chef Sherman's main culinary focus has been on the revitalization and awareness of Indigenous food systems in a modern culinary context. The Sioux Chef team works to make Indigenous foods more accessible to as many communities as possible. To open opportunities for more people to learn about Native cuisine and develop food enterprises in their tribal communities, they founded the nonprofit North American Traditional Indigenous Food Systems (NATIFS) and are launching the first Indigenous Food Lab restaurant and training center in Minneapolis.



Elena Terry *Ho-Chunk*

Chef Terry is the founder and executive director of Wild Bearies, a nonprofit formed in 2018 to keep First Nation food traditions alive, and to help community members who are dealing with trauma or addiction. She is a consulting chef with the Intertribal Agriculture Council and a Ho-Chunk Tribal member.

Crystal Wahpepah *Kickapoo - Sac & Fox*

Chef Wahpepah is a Native American chef based in Oakland, California. She is the first Native American Indigenous chef to be featured on Food Network's "Chopped" TV show. As the founder and executive chef of Wahpepah's Kitchen, she serves authentic Native cuisine based on the Kickapoo heritage, cooking foods such as bison, vinson squash and corn with recipes passed on through the generations.



Brian Yazzie *Diné*

"Yazzie the Chef" is from Dennehotso, Arizona and currently lives in Saint Paul, MN, where he focuses on bringing together hyper-local Indigenous ingredients from the streams, rivers and forests to revitalize healthy Indigenous cuisine. He brings creativity to ancestral knowledge through modern techniques.

WESTERN APACHE SEED MIX

Nephi Craig



INGREDIENTS

- 1 cup dried white corn
- 1 cup sunflower seeds
- 1 cup pine nuts or pinons
- 1 cup pumpkin seeds
- 1 cup acorns
- 1 cup dried wild currants
- kosher salt to taste

PREPARATION

Each ingredient must be prepared separately and combined.

Preheat your oven to 350° F.

Parch the corn in a heavy skillet over high heat, stirring constantly until the corn cracks and is golden brown. Do not burn.

Acorns should be shelled and very lightly toasted.

In the 350° F oven: Toast the sunflower seeds for 10 minutes or until golden brown. Toast the pine nuts for 10 minutes or until golden brown. Do not burn. Toast Pumpkin Seeds for 10 minutes or until golden brown.

Remove and allow the seeds to cool.

Combine all seeds, currants and season with salt to taste if desired. Place the cooled mixture in a tall jar and put in a high place of honor to display.

"This recipe is a critical piece of our identity and speaks to our history and resiliency as we develop culinary pathways toward solutions in health and wellness in Western Apacheria.

There are many variations of this seed mix across the Americas, but this one is distinctly Western Apache because of the acorns. This recipe is basic and easy to replicate with seeds readily available in markets. Independent study will allow the eater to discover more combinations of this protein packed combination of seeds that revitalize ancestral taste and health.

As you snack on this seed mix, think about pre-reservation Indigenous health and regional dominant flavors. Although this mix can be made year-round, historically, spring, summer and autumn were spent gathering and cultivating these seeds to be consumed in wintertime while telling stories and playing string games with the family at home."

HUCKLEBERRY SQUASH BLOSSOM SALAD

Crystal Wahpepah



INGREDIENTS

- | | |
|--|----------------------------------|
| 4 cups salad greens | ¼ cup of maple syrup |
| ½ cup watercress | juice of 1 whole lime |
| 4 mint leaves, sliced | 2 tablespoons
popped amaranth |
| 1 ½ cups fresh huckleberry or
other fresh berries | 2 tablespoons avocado oil |
| 4 squash blossoms | |
| 4 figs, sliced | |

PREPARATION

Puree half the fresh huckleberries with maple syrup, lime juice and avocado oil until smooth.

Add salad greens and watercress to a large bowl. Top with sliced mint leaves, fresh squash blossoms, remaining huckleberries and figs. Sprinkle with popped amaranth.

Served with chilled huckleberry dressing.

"I was raised with my fellow Native American people from many different Tribes. I learned how to cook at a very young age. I learned how it brought us together as people. Growing up, I have worked with my grandmother and aunts in the kitchen to learn our traditional food and to pass on the knowledge to my children and Native communities. My love for Native food began as a young child. Now I continue to work on the Indigenous Food Movement and food sovereignty to show people how beautiful these dishes and ingredients are."

OHLONE SALAD

Vincent Medina + Louis Trevino
of mak-‘amham / Cafe Ohlone



We gather much of our ingredients here in mak-warép, our homeland here in the East Bay, following precisely the gathering practices taught to us by the elders of our community. We do not encourage the public to try to engage in this process. The places where we gather our ingredients are specific to our community, and they are often ecologically sensitive areas. Many of these ingredients are commercially available, and can be grown by local, sustainable farms; we do encourage you to find responsible and sustainable ways to find these ingredients if you wish to follow the recipe exactly.

INGREDIENTS

watercress
pickleweed
purslane
sorrel
piñons or pine nuts, shelled and toasted
black walnuts, shelled
hazelnuts, roasted and salted
blackberries
gooseberries
huckleberries
dried strawberries
nasturtium and violas
amaranth seeds, popped
bay laurel
yerba buena
dried, leached black oak acorn flour
agave nectar
smoked walnut

PREPARATION

Dressing: In a pot, simmer a small amount of water with blackberries. Add bay laurel leaves, yerba buena strands, dried, leached black oak acorn flour and agave nectar.

Once the blackberries simmer to bursting, remove bay laurel leaves and yerba buena strands, and blend. Set aside to cool.

Later, when bringing the salad together, mix in smoked walnut oil.

Salad: Carefully wash watercress, pickleweed, purslane leaves, redwood sorrel, blackberries, gooseberries and huckleberries. Delicately wash nasturtium flowers and violas, and lay individually on a cloth to dry.

Finely chop pickleweed, cut gooseberries in halves.

In a salad bowl, toss together watercress, pickleweed, purslane, redwood sorrel, toasted piñons, black walnuts, wet roasted hazelnuts, blackberries, halved gooseberries and huckleberries. Pour the prepared dressing and smoked walnut oil over the bowl as its contents are tossed together. Sprinkle crushed salt throughout.

Top the tossed, dressed salad with blackberries, halved gooseberries, huckleberries dried strawberries, toasted piñons, black walnuts, wet roasted hazelnuts, nasturtium flowers and violas.

Top the prepared salad with a sprinkling of popped amaranth seeds.

"This is our watercress salad as we prepare it at home for our Ohlone community and at Cafe Ohlone for the public to enjoy. It is a favorite dish of our community, so we chose to share its description. We have a proper, old-time name in our Ohlone languages for each of these ingredients, and we call them by it."

BLUE CORN MILKWEED PODS WITH GREEN CHILE & CHOKECHERRY SAUCE

Elena Terry



INGREDIENTS

1 ½ cups blue cornmeal
½ teaspoon salt
3 cups boiling water
2 duck eggs, whisked
6 milkweed pods (2" long or less)
3 tablespoons sunflower oil
1 cup fresh chokecherries or 3 tablespoons chokecherry jelly
2 tablespoons maple sugar
2 tablespoons water
1 green chili

PREPARATION

Rinse milkweed pods and then blanch in boiling water until they puff up.

Mix salt and cornmeal together. Dip the cooled pods into the egg wash and dredge them in the cornmeal mix.

Heat oil in pan and reduce to medium heat. Gently place pods in oil and cook until golden brown.

Dice green chili. In a small saucepan, slightly warm the chili in a small amount of oil. Add chokecherry juice and 2 tablespoons maple sugar (or jelly and water). Stir until all ingredients are blended and cook down until it reaches a dipping sauce consistency.

Milkweed is an amazing plant that is utilized as a food source at different stages throughout the Great Lakes Region. The pods are a wonderful way to enjoy the last piece of the milkweed plant's edible cycle. A delicacy and treat, these pods have a short window of time when they are incredibly delicious. If you can harvest some to try, I'd highly recommend it.

You can change out the milkweed pods for green beans, blue corn meal for any colored cornmeal, duck eggs for chicken eggs, chokecherry jelly for any berry or cherry jelly and maple sugar for white sugar.

MAPLE AMARANTH CORNBREAD

Crystal Wahpepah



INGREDIENTS

- 1 cup yellow cornmeal
- 1 ½ cups amaranth
- 3 teaspoons of salt
- 2 teaspoons of baking powder
- 3 tablespoons maple syrup
- 1 sweet red pepper, chopped
- ⅓ cup warm water
- ½ cup coconut oil

PREPARATION

Preheat the oven to 400°F.

Line an 8×8" square baking dish with parchment paper.

In a medium bowl, whisk together cornmeal, amaranth, baking powder, and salt. Add maple syrup and sweet pepper. Stir or whisk in water until just combined, then add coconut oil (a few lumps are just fine).

Pour batter into your prepared baking dish and gently pour and smooth the batter.

Bake cornbread at 400°F for 15-20 minutes or until golden brown.

If you'd like, brush more maple syrup on the cornbread as a glaze while still hot.

THREE SISTERS STEW & BLUE CORN DUMPLINGS

Loretta Oden



For the Dumplings:

½ cup blue cornmeal (yellow or white is ok if that's what you have)

½ cup all-purpose flour

2 teaspoons baking powder

½ teaspoon salt

1 egg

1/3 cup milk

1 tablespoon unsalted butter, melted

½ cup corn kernels (cooked fresh, thawed frozen, or drained canned)

INGREDIENTS

½ cup dried Anasazi beans or pinto beans

½ cup dried lima beans

½ cup dried white beans

½ cup dried black beans

1 tablespoon olive oil

1½ cups finely chopped yellow onion

1½ cups finely chopped green bell pepper

2 tablespoons finely chopped garlic

1 jalapeño chile, stemmed, seeded, and finely chopped

2 teaspoons cumin seed

1/8 teaspoon cayenne pepper

2 teaspoons chile powder

1 (28-ounce) can peeled tomatoes, with juice

3 quarts water

3 ears corn (about 3 cups corn kernels)

½ cup dark beer

2 cups diced zucchini, yellow squash, and/or other summer squash

COOKING

Place the beans in a large saucepan or dutch oven. Cover with water by 2 inches and soak 2 hours or overnight. Drain and set aside.

Heat the olive oil in a large saucepan or dutch oven over medium high heat. Sauté the onions, bell pepper, garlic and jalapeño until soft, about 5 minutes. In a dry small skillet, toast the cumin seed until aromatic and lightly browned, then grind in a mini food processor or coffee or spice grinder. Add toasted and ground cumin to the onion mixture.

In the same skillet, toast the cayenne and chile powder for just 1 or 2 minutes, being careful not to burn. Add to the onion mixture. Add the tomatoes to the onion mixture and simmer for 15 minutes. Add the 3 quarts water and drained beans to the pan and bring to a boil. Reduce the heat and simmer until the beans are tender, about 1½ to 2 hours.

Cut the corn kernels off the cob. Add the beer, corn kernels and squash and cook until the squash is tender, about 10 minutes. Add salt and pepper to taste.

For the dumplings: In a bowl, stir together the cornmeal, flour, baking powder, salt and sugar.

In another bowl or glass measuring cup, whisk together the egg, milk and butter. Add the liquid mixture to the dry and mix just until incorporated; fold in the corn. Drop the batter by heaping tablespoons into the slowly simmering stew (there should be about 16 dumplings). Cover and cook until a wooden toothpick inserted into the centers of the dumplings comes out clean, about 15 minutes.

Spoon the stew into bowls and top each serving with 2 dumplings. Serve immediately.

You don't have to soak beans overnight. To quick-soak: Pick and sort the beans, then cover with cold water. Bring to a boil, cover the pot, and remove it from the heat. Let sit 1 hour. Drain off the soaking liquid and fill the pot with fresh water. Cook as directed.

ROASTED BUTTERNUT SQUASH & QUINOA

Nephi Craig



INGREDIENTS

4 oz. white quinoa, cooked	2 butternut squash
2 oz. red quinoa, cooked	smoked paprika
¼ cup flat leaf parsley leaves, chopped	honey
¼ cup scallions, bias cut	olive oil
¼ cup small diced tomatoes	kosher salt/pepper
2 lemons	

PREPARATION

Preheat oven to 400°F.

Cut butternut squash horizontally at the point where the cavity of the squash begins, separating the neck of the squash from the larger part of the squash. Peel and set squash necks aside. Cut squash in half and scoop out the seeds. Cut into roughly 6 pieces to produce a sort of "bowl" shape.

In a large mixing bowl, drizzle with olive oil, smoked paprika, salt and pepper. Place skin side down on a sheet pan and roast for 15-20 minutes to get good roasted color. When roasted and soft, remove from oven and lightly drizzle with honey and set aside.

In a medium mixing bowl, mix both quinoas. Add tomatoes, parsley, scallions and diced tomatoes. Season with olive oil and lemon juice to taste. The quinoa salad should be clean, cool and bright.

To serve, heat butternut squash briefly, spoon 3-4 ounces of the cooled quinoa salad over warm, sliced butternut squash. Garnish with fresh herbs, smoked paprika and pumpkin seeds. Serve immediately.

WILD RICE WITH GRILLED SUNFLOWER & ROOT VEGETABLES

Elena Terry



INGREDIENTS

2 cups wild rice
1 immature sunflower head
1 zucchini
1 eggplant
1 onion
1 purple potato
1 onion
1 head garlic, roasted
¼ cup + 3 tablespoons
sunflower oil
flat parsley leaf for garnish
Salt and pepper to taste

PREPARATION

Cook rice until grains open, drain and put in large bowl.

Clean sunflower of petals and flower parts that are attached to the immature seeds. Soak in cold water, stem side down, for 30 minutes.

Toss wild rice with sunflower oil, salt and pepper.

Slice vegetables into 2" pieces or as close to that as possible, and brush evenly with sunflower oil. Lightly salt and pepper.

Brush sunflower head with oil and then rub roasted garlic on top.

Grill or roast vegetables until done to your liking. Grill sunflower on low heat until immature seeds change color.

Assemble on plate and serve warm.

Wild Rice is a staple for the Great Lakes Region tribes and can be prepared in many different ways. Root Vegetables are wonderful roasted but I also like to include eggplant or any other freshly harvested vegetables to the mix. A garnish of fresh herbs adds color and pop of flavor.

You may substitute fresh corn on the cob for the sunflower, but I would highly recommend trying the sunflower if you can access an edible one.

ROASTED OHLONE POTATOES

Vincent Medina + Louis Trevino
of mak-‘amham / Cafe Ohlone



INGREDIENTS

2 pounds Russian banana
fingerling potatoes, to
substitute for California
brodiaea potatoes

duck fat, melted

bay laurel

salt

PREPARATION

Preheat oven to 425°F.

Rinse potatoes and cover in cold water, adding four bay leaves and a generous amount of coarse salt to the water before it boils on high heat.

Boil over high heat for 30 minutes or until potatoes can be pierced easily with a fork.

Drain potatoes and remove bay laurel.

Place potatoes into a baking dish, coat generously and evenly in melted duck fat and another layer of coarse salt.

Roast in the oven for one hour or until golden brown and crisp.

“Described here is our recipe for roasted Ohlone potatoes, or roasted faux-diaeas, as we call them at Cafe Ohlone. Note that the use of Russian banana fingerling potatoes is to substitute for our California native brodiaea potatoes. Traditionally, our brodiaeas would be gathered in large amounts; there was always more than enough. Today, due to the urbanization of our East Bay homeland and the criminalization of our prescribed, controlled burns, they are scarcely available in large quantities. And so it is that we developed a recipe that allows our community to continue to have the taste of our brodiaea potatoes despite these obstacles, even as we continue to eat our brodiaeas in responsible quantities.”

We urge everyone outside of our community not to gather brodiaeas, even if you encounter a healthy patch. They are extremely endangered. This Russian fingerling adaptation makes will give you a sense of the taste of our traditional potatoes as they are eaten in the homes of Ohlone people.”

DUCK EGG AND SWEET POTATO HASH

Sean Sherman



INGREDIENTS

Poached Duck Eggs:

- 6 cups water
- 4 duck eggs
- 2 tablespoons salt
- 2 tablespoons vinegar

Sweet Potato Hash:

- 2 sweet potatoes, diced
- 1 small onion, diced
- 1 green pepper, diced
- 1 clove garlic, minced
- 1 cup dandelion or kale, roughly chopped
- ¼ cup pepitas, toasted and unsalted
- ½ cup dried cranberries
- 1 tablespoon salt
- 2 tablespoons fresh sage leaves, chopped
- ¼ cup sunflower oil
- optional:
½ pound turkey sausage

PREPARATION

Bring water, salt and vinegar to a simmer. Stir the water gently then carefully crack duck eggs into water and simmer for 4 minutes. Gently remove with slotted spoon.

Using a cast iron skillet, heat pan to medium high. (If adding turkey sausage, brown sausage first in oil.) Heat sunflower oil, garlic, onion, peppers and potatoes and sauté for 10 minutes, stirring occasionally. Stir in greens, pepitas, sage and cranberries. Reduce heat to low and cook 5 more minutes or until potatoes are tender. Salt to taste.

BUFFALO OR BEEF SHORTRIBS

Loretta Oden



INGREDIENTS

3 tablespoons olive oil
2 ½ - 3 pounds buffalo shortribs
salt
freshly ground black pepper
1 cup onion, finely chopped
1 tablespoon garlic, finely chopped
1 tablespoon all-purpose flour
750ml dry red wine
2 bay leaves
1 teaspoon Mexican oregano
1 teaspoon ground sumac
Cavendar's spice mix*
10-12 dried juniper berries, crushed
15 pearl or small cipollini onions, peeled
15 wild mushrooms or cremini mushrooms
chopped fresh parsley for garnish

PREPARATION

Preheat the oven to 350°F.

In a large heavy casserole pan, add 1 tablespoon of the olive oil. Arrange the meat in the casserole in a single layer and season with salt and pepper. Cook over moderately high heat, turning occasionally, until browned on all sides, 8 minutes.

Add the chopped onion and garlic and cook over moderate heat, stirring occasionally, until the onion is softened, 5 minutes. Sprinkle the flour over and stir to coat the meat with it. Add the wine, bay leaves and thyme, season with salt and pepper and bring to a boil, stirring to dissolve any brown bits stuck to the bottom of the pot.

Cover the casserole and transfer it to the oven. Cook the stew for 1 1/2 hours, until the meat is very tender and the sauce is flavorful.

In a large skillet, combine the pearl onions, mushrooms and carrots. Add the remaining 1 tablespoon of olive oil, 1/4 cup of water and a large pinch each of sugar and salt. Bring to a boil, cover and simmer until almost all of the water has evaporated, 15 minutes. Uncover and cook over high heat, tossing, until the vegetables are tender and nicely browned, about 4 minutes.

To serve, stir some of the vegetables into the stew and scatter the rest on top as a garnish. Top with a little chopped parsley and serve.

**Cavendar's is a commercial seasoning that contains garlic, onion powders, parsley and oregano. Omit if not available.*

SAGE & SUNFLOWER OIL SEARED BISON RIBEYE WITH A LABRADOR INFUSED WILD RICE & CRANBERRY SALAD

Brian Yazzie



PREPARATION

Rub ribeye with salt and cracked juniper berries. Bring a large sauté pan to medium heat, add sunflower oil and sear meat 2 minutes on each side for medium-rare or 4 minutes on each side for well-done. Remove from stove and let it rest for five minutes before serving.

Combine cooked and cooled wild rice with herbs, rehydrated cranberries and seeds or walnuts. Serve with seasonal greens and your favorite vinaigrette!

INGREDIENTS

2 bison ribeye

Salt to taste

Cracked juniper berries

¼ cup sunflower oil

1 cup cooked wild rice, boiled with 1/2 cup whole labrador leaves (removed after cooking)

1 bunch sage

½ cup rehydrated cranberries

½ cup toasted sunflower seeds or walnuts

4 cups seasonal greens

SWEETGRASS-SMOKED GETE OKOSOMIN SQUASH & BERGAMOT GRILLED CRABAPPLE PIE WITH A WILD RICE & SUNFLOWER CRUST

Brian Yazzie



INGREDIENTS

1 medium squash, cut and sliced into 4" rings	1 cup dark agave
5 whole crabapples or 3 apples, cut in half inch wedges	¼ cup maple sugar
3 tablespoons bergamot flowers	3 inch sweetgrass braid, soaked for 5 minutes
2 cups popped wild rice flour	2 cups warm water
3 cups sunflower seeds, toasted	¼ cup sunflower oil

PREPARATION

Preheat smoker or grill to 200°F.

Slow smoke the squash rings at 200°F for 15 minutes. Add soaked sweetgrass to smoker or grill and smoke 5 minutes more. Remove squash from heat and puree with ½ cup agave.

Rub apple wedges with sunflower oil and 3 tablespoons maple sugar. Grill at 300°F until slightly tender and toss with bergamot. Place squash puree and apple wedges in fridge until completely cooled.

In a food processor or blender, combine wild rice flour, sunflower seeds, 2 cups water, 1/2 cup agave and 2 tablespoons sunflower oil. Blend ingredients until they reach a smooth dough consistency. Add more water if needed.

Pour dough into pie pan and mold a layer for crust with your hands. Spoon in squash puree and fill the pan about halfway. Layer grilled apples on top. Sprinkle maple sugar and bake for 20-25 mins at 300°F. Cool to room temperature and serve!

CHOKECHERRY THUMBPRINT SUN COOKIES

Sean Sherman



INGREDIENTS

For the cookie dough:

6 cups roasted, unsalted
sunflower seeds

1.5 cups water

3/4 cup pure maple syrup

1 tablespoon salt

For the chokecherry syrup:

1 cup chokecherry juice (substitute
pureed blackberries)

1/2 cup agave syrup

PREPARATION

Preheat oven to 325°F.

Put all cookie dough ingredients into food processor and blend until smooth, blending and scraping down sides as needed.

Place parchment paper onto sheet pan and cover with a thin coating of sunflower oil. Portion dough with 2 ounce level scoop onto sheet pan. Flatten slightly, to about 2/3" thickness, then press thumb in center to create an indentation. Place 2 tablespoons of chokecherry syrup in the center of each cookie.

Bake for 10 minutes, checking for the edges of the cookies to turn brown. Turn pan halfway through baking. Cookies are done when the edges are toasty brown and the bottoms are dry (not soggy). If still too moist on bottom, turn oven down to 300°F until dry.



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