

# RECIPE #1: Coal Roasted Gete Okosomin Bisque

[Recipe and story courtesy of Native America and PBS Utah](#) (Baca)



Experience Karlos Baca's family recipe that tells the tale of the foodscapes in his homelands.

## Ingredients For Soup:

- 6 cups gete okosomin squash (or use butternut squash as a substitute)
- 2 cups purslane or 2 teaspoons purslane powder
- 1 teaspoon crushed juniper berry (seed removed)
- 1 cup wild plums (pitted)
- 1 tablespoon biscuit root (grated)
- 1 tablespoon wild onion flower (dried)
- 2 teaspoons salt (divided in half)
- 2 tablespoons sunflower Oil
- 2 cups water

## For Toppings:

- 4 dehydrated squash blossoms
- 1 teaspoon 3 leaf sumac
- 1 teaspoon wild amaranth seed
- 2 tablespoons raw pumpkin seeds
- 1 teaspoon calendula petals

## **Directions**

1. Remove seeds from squash and season cavity with Purslane, Juniper, and Salt. Roast squash directly in hot coals, rotating often, until soft. Remove from coals and cut off blackened exterior. Cut into large chunks.
2. In a pot, cast iron preferable, add Sunflower Oil, Squash, Wild Plum, Biscuit Root, Wild Onion Flowers, and Salt. Sautée until browned and deglaze with water. Reduce liquid by half and remove from heat.
3. Add squash mixture to blender and liquefy. (Add small increments of water if necessary to create creamy consistency)
4. Salt to taste.
5. Distribute evenly between four bowls and top with 3 Leaf Sumac, Wild Amaranth Seed, Squash Blossom, Pumpkin Seed, and Calendula Petals.
6. ENJOY!

## RECIPE #2: Three Sisters Dish

[Recipe and story courtesy of Twin Cities PBS Originals](#) (Melin)



Recipe from Diné chef Brian Yazzie.

### INGREDIENTS

4 cups Oneida white corn (nixtamalized & cooked)  
3 cups Hopi black turtle beans  
4 large patty pan squash, sliced  
6 milkweed pods, halved  
1 batch dandelion greens, sliced  
Garlic powder  
Onion powder  
Salt

### DIRECTIONS

1. Soak beans overnight then boil for 2 to 3 hours in salted water until tender.
2. Halve milkweeds and saute or grill.
3. Slice squash into one-inch slices. Saute or grill until tender.
4. Wilt sliced dandelion greens in a large pan and combine all ingredients.
5. Season with garlic powder, onion powder and salt to taste.  
Serve hot as a side dish to bison, turkey, or rabbit.

## RECIPE #3: Kevin's Fry Bread

Recipe courtesy of Kevin Maillard, author of [Fry Bread: A Native American Family Story](#)



### INGREDIENTS

1 pint boiling water  
1 cup cornmeal  
1.5 cups cold water  
0.5 oz of dry or instant yeast, approximately 2 packages  
1 cup raw sugar  
1 tsp. sea salt  
3.5 cups flour  
32 oz. unrefined coconut oil

(Photo from [Wikimedia Commons](#))

### DIRECTIONS

1. Bring 1 pint of water to a boil in a medium pot. Add cornmeal to boiling water. Whip slowly until smooth. Reduce heat to medium, add cold water, and cook until thick. Stir continuously to prevent lumps in the mixture. Remove from heat and let cool in pot.
2. In a large bowl, add yeast, sugar, and salt to the cooled cornmeal, along with sprinkles of water to moisten the mixture. Gradually add flour, using a metal whisk or potato masher to get rid of lumps. Sprinkle water to keep dough moist but thick. Cover with a damp cloth and let rise for 3 hours.
3. Once the dough has risen, it should be springy and sticky. Heat the coconut oil in an iron skillet to medium temperature. Test the heat by dropping a small portion of dough into the oil. It should gently sizzle but not splatter. Use two large, oiled spoons to make golf ball-sized portions and dip immediately into the oil, submerging the entire ball. Re-oil the spoons in the skillet to make new balls of dough. Leave room in skillet, as the balls will expand in the hot oil.
4. Let dough fry until it cooks to your desired color: light golden or dark brown - about 3 minutes. Using tongs, flip balls over to cook the other side. Remove from oil and transfer to a paper towel-lined bowl, separating each level with a new paper towel. Eat while hot.