Welcome to the Native American Student Association’s 12th annual First Nations Food Taster  
Friday, November 9, 2012  5 - 7 p.m.  
D.J. Jacobetti Complex- Northern Michigan University

Boozhoo! Welcome! Enjoy!

The NMU Native American Student Association, with help from the Center for Native American Studies, is pleased to present another full menu for the 12th annual First Nations Food Taster. The menu features a variety of dishes made with ingredients like venison, bison, fish, vegetables, maple syrup, and wild rice. We are excited to include many recipes from the Decolonizing Diet Project (DDP) this year!

Many individuals and many businesses made this event possible. We are thankful for the outpouring of support to help NASA raise funds for annual powwow. Nearly 60 volunteers have helped cook, clean, set up tables and put up posters. Thank you to all of them for their valuable time. We hope that you enjoy the live entertainment this evening provided by Dr. Elda Tate, (photo above), professor of music at NMU.

If you brought a dish bag, you are eligible to be entered in the door prize. Please clearly write your name, address and phone number on the back of your ticket. Door prizes will be given away throughout the evening. You NEED NOT be present to win. Adults 18 and over are eligible to win (sorry kids!).

Chi miigwech (great thanks) to many businesses for their generous contributions (listed inside). Some prizes, valued over $25, will require the winners to provide their full name, address and social security number. We apologize for any inconvenience and sincerely hope that you enjoy your prize.

Thanks to all of you for being here. Enjoy yourselves and take home a little something from First Nations culture.

NASA wants to recognize and thank Chris Kibit! Chris puts in long hours that many do not see. The Hospitality Management Program, is a huge asset (photo above: Chris at work).

NASA could not, and would not, have a successful event without the assistance and cooperation of the entire hospitality management area!

What is a dish bag? It is a cloth bag (washable) that stores reusable dishware. It is a means to help our environment by not creating more waste.

To those of you who brought a dish bag, thank you for helping us help the environment.

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Wild Rice  (serves 20)
1 cup of wild rice
1 large can of chicken broth
1 1/2 cup of dried cranberries
2 stalks of celery sliced
1 cup cashews (halves and pieces)
1 medium yellow onion diced
2 tablespoons of butter

Bring chicken broth to a hard boil. Once boiling drop in the wild rice (for vegetarians, use water). Let the wild rice sit at a hard boil for thirty minutes, then put on low until the rice breaks and liquid is almost gone (rice breaking is vital).

In a fry pan, sauté the other dry ingredients in the butter until the cashews are browned and onion is soft (savor the smell!). Mix all ingredients together and serve!

Roasted Sweet Potatoes with Pecans
2 large sweet potatoes
3/4 cups corn chips, crushed
1 tablespoon maple sugar
2 to 3 tablespoons roasted pumpkin seed oil
handful pecans
sunflower oil spray
2 to 3 tablespoons maple syrup

Pre-heat oven to 400 degrees. Wash, cut, and slice sweet potatoes. Put in a large bowl and pour pumpkin seed oil over the potatoes. Add crushed blue corn chips and maple sugar. Mix well, making sure potatoes are covered in oil, crushed chips and spices. Oil a baking sheet with sunflower oil and place potatoes in a single layer. Bake for 50 minutes.

While potatoes are baking, put pecans on baking sheet and pour maple syrup over. Spoon the pecans around to ensure that they are covered in syrup, then layer flat. Put in oven (still at 400) for 4 minutes, stir, and bake for another 4 minutes. Top baked potatoes with the sweet pecans.

Fry Bread
(ten to twelve pieces)
1 ¾ cup warm water
1 package of Red Star quick rise yeast
2 tablespoons of brown sugar (sprinkle in the water) (let sit for 15 minutes)
quarter size drop of vegetable oil
¾ cup of warm milk
four cups of bread flour (add 1 cup at a time)

Use a whisk for the first two cups, then add more flour and stir with a wooden spoon.

Once the dough ball is ready (should be a bit sticky and the size of a large grapefruit) cover in oil. Let rise for at least 90 minutes.

One the dough ball is ready, fill a fryer with oil (or butter-flavored Crisco). Take a fist full of dough and stretch it out, be sure to punch a hole in the middle. Carefully, drop in the oil and fry until golden brown on both sides.

When you take it out, be sure to set it on some paper towel and let it cool off. Eat with butter, sugar, honey or your favorite topping.

Recipes

Cookies
1/3 cup sunflower seed butter
2/3 cup maple syrup
1 1/2 cup cornmeal flour
1/4 teaspoon salt
handful or 1/2 cup of chopped pecans (optional)

Mix all together and drop by spoonfuls onto greased baking sheet. Bake at 350 degrees for 15 minutes or so. Cookies are done when slightly firm in the center and they are golden brown on

Please remember to always use Hand-harvested wild rice!
Anishinaabe Language Fun at the Food Taster

November...bashkadin-giizis
First Nations Food Taster...
Nishinabe gwejpidang
To Eat... wiisnin gegii
Eat Supper...naakshi-wiisini-win
I am hungry...niin bakte
I am full after eating...
Debisinii, or mooshkine
Servers, volunteers, helpers...
naadamaage-jik
Serve food to people/feast...
Ashangewin
They are cooking...
jiibaakwe-oog, or
m’nazakwe-oog

Traditional food...ge-ge-tigona
Anishinaabe mijim
Rabbit...waabooz
Pumpkin...kosimaan
Squash...squash
Corn...mandamin
Beans...maskodiisiimin
Buffalo...bgwaji-bzhiki
Rice...manoomin
Venison...(deer meat)
waa waa shkesh wiias
Water...nibi, biish
Salt...zhiwiitaagan
Pepper...waasgang
Fish...giigonh

Onion...zhigaagawanzh
Fry Bread...zaasgokwaadek
bakwezhigan
Dessert...waashkabang
Sugar...ziisbaakod
Plate...des-nagan
Fork...badaka’jiigan
Spoon...emkwaan
Knife...mookaan
Cup...onaagaans
Table...adoopowin
Chair...apabiwin
A pot...akik akik-oog...pots
Frying pan... zaasgokwaan
Butter...ozaaw-bmide

Decolonizing Diet Project

Learn more about the Decolonizing Diet Project at one of these events on the campus of NMU

Decolonizing Diet Project— Panel Presentation
Wednesday, November 14 at 6:00 p.m. - Mead Auditorium - West Science Building
Hosted by the NMU Center for Native American Studies

Decolonizing Diet Project: the Female Perspective with April E. Lindala
Wednesday, November 28 at 6:00 p.m. - Mead Auditorium - West Science Building
An ethnographic study by April E. Lindala, director of the Center for Native American Studies

For more information about the DDP, contact Dr. Martin Reinhardt at 906-227-1397 or email him at mreinhar@nmu.edu.
The First Nations Food Taster is a fundraising event presented by
the NMU Native American Student Association with support from
the following NMU departments:
Academic Affairs/Office of the Provost, Academic Information Services,
Center for Native American Studies, Charter Schools, College of Arts and Science
College of Professional Studies, Health, Physical Education and Recreation,
History Department, International Programs, Mathematics and Computer
Sciences, Multicultural Education and Resource Center, School of Education
and School of Nursing

Additional thanks to the following businesses and organizations
for their donations of food and door prizes:
Aubree’s, Bonanza, Border Grill, Burger King, Econo Food, Gordon Food Service,
Larry’s Family Foods in Gwinn, Mac’s Bar in Rapid River, Marquette Food Co-Op,
Midtown Bakery and Café, Panara Imports, Pit Stop Quick Lube, Rodney’s
Pizzeria, and WKQS FM

Thank you to the many volunteers!

Special thanks to:
Chris Kibit and the Hospitality Management Program, Dr. Martin Reinhardt and
the Decolonizing Diet Project, the D.J. Jacobetti Complex staff, and Dr. Elda Tate.