

Beef & Hominy

2 lbs of beef; chuck roast
1 gallon can of white hominy

1. Cube the beef and put into a hot pot.
2. Let the beef sear a little in the pot and then add some water so the beef doesn't get too dry or stick to the bottom of the pan. Let the water cook down, and add more as you go.
3. When the beef is almost falling apart, add the hominy and water and let it boil for a while. The amount of water is up to the cook. I like my hominy to be thicker and less soupy, while others may prefer the soup consistency.

Provided by Kenny Glass- Cherokee/Wyandot

Corn Soup

4 lbs of stewed pork meat
2 bags of Cope's dried sweet corn

1. Brown the pork, then add water to the top of the meat.
2. Boil the pork in water until tender. Add salt and pepper to taste.
3. Add the dried sweet corn to the pork after it's boiled for an hour. Boil together for at least another hour.

Provided by Mariah Tyner- Absentee Shawnee/Cherokee



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Grape Dumplings

2 32 oz Welch's Grape Juice
1 cup self rising flour
1/2 tsp baking powder
2 tbsp sugar

1. Pour juice into a pot and add 1 cup of sugar. Bring to a boil and make the dough.
2. Mix the dry ingredients. Cut in 1 tbsp of shortening. Add grape juice to make a slightly stiff dough. Add more flour if it's too sticky.
3. Roll out the dough and cut into thin strips. Pinch off pieces from the dough and add to the boiling pot. The dough will puff into dumplings as you cook.

Provided by Travis Patton- Eastern Shawnee

Persimmon Pudding

1 cup persimmon pulp 3/4 cup water
1/2 tsp soda 1 tsp baking powder
1 cup flour 2 tbsp butter
3/4 cup sugar

1. Mix and sift all dry ingredients.
2. Mix butter in. Add persimmon pulp easing in with warm water.
3. Put in buttered baking dish and bake at 350 for one hour. You must put baking dish in a pan of water to keep from burning. Serve with cream, whipped or not.



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Shawnee Cakes

1 cup cornmeal (white)
1 1/2 cup boiling water
pinch of salt

Fry a spoon of the batter in a heavy skillet until crisp and golden brown on both sides.

Squirrel Soup

1 Cleaned squirrel
2 cups of rice or grits
1 diced onion
6 cups of water

1. Chop the cleaned squirrel into small pieces and add to a 2 qt pot. Add the water and onions.

2. When the meat starts to fall off the bone, remove the bones and add the rice and cook until done. Add water as needed.

Note: You may substitute chicken broth for water if you choose.

Provided by Renea Williams- Absentee Shawnee



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