



UNIVERSITY OF MARYLAND

U.S. DEPARTMENT OF ENERGY SOLAR DECATHLON 2017



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Menu

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DINNER #1 MENU: Native Lands

Appetizer: **Wild Rice Salad**

Historical note:

The Ojibwe “have a symbiotic relationship with wild rice, assisting in its cultivation, harvesting, and preparation. Some Native people continue the centuries-old method of harvesting rice by paddling into the fields in canoes and gently shaking the rice from the stalks into baskets.” (*Foods of the Americas*)

Entree: **Venison with Juniper and Wild Huckleberry Sauce**

Historical note:

Hunters throughout the Great Lakes have long cooked game such as venison (*Waawaashkeshi*) over a fire of juniper. Deer were also tracked to find wild herbs for use both medicinally and culinary. (*Foods of the Americas*)

Dessert: **Banana Muffin topped with Mixed Berry Wojapi**

Historical note:

Berries are high in pectin and can be used to make jam. The Ojibwe often made jellies from the chokecherries, buffalo berries, wild blueberries and currants. In Native American cultures, certain berries were utilized medicinally. With naturally anti-inflammatory properties, the fruit was also used to ail swelling, kidney disorders, and infections. (*Michigan State University*)

Beverage Option 1: **Chippewa Chilled Maple Syrup Beverage**

Historical note:

Maple Sugar (*linzibaakwad*) and box elders (a member of the maple family) were an important staple of the Indian nations surrounding the Great Lakes area. Often maple sap would be available before the fish in the Spring causing natives to camp and harvest in maple abundant areas in the Fall & Winter. The maple sugar symbolized harmony between the people and the natural and supernatural worlds. (*Lessons of Our Land*)

Beverage Option 2: **Wild Raspberry Tea**

Historical note:

Turtle Lake Ojibwe were known to utilize tree bark, maple, oak, roots, seeds, and fruits for both food and medicinal purposes. Wild raspberry tea, a traditional favorite of the Ojibwe, was often created from crushed roots to help relieve a variety of ailments. (*Chippewa Heritage*)

Dinner #1, Ingredients and Recipes

Appetizer

Wild Rice Salad, Serves 4 to 6

Apple Cider Vinaigrette

Apple Cider Vinegar	6 Tbsp
Honey	1/4 cup
Canola oil	3/4 cup
Salt	to taste
Ground pepper	to taste

In a small bowl, combine and blend all ingredients. Cover and refrigerate for at least 1 hour or up to 10 days.

Salad

Vegetable Stock	6 cups
Wild Rice	1.5 cups
Carrot, <i>peeled and cut</i>	1 stick
Dried Cranberries	3 Tbsp
Plum (<i>Roma</i>) tomato	1 plum
Scallions, <i>finely chopped</i>	4 stalks
Fava beans, <i>halved</i>	1/2 cup
Watercress, <i>stemmed</i>	3 bunches

In a large saucepan, combine the stock and wild rice. Bring to a boil, then reduce the heat to a simmer. Cover and cook until tender, 45 to 55 minutes. Spread the rice on a baking sheet and let cool.

Scrape the rice into a large bowl and add the carrot, dried cranberries, tomato, scallions, and fava beans. Toss to mix. Add 1/2 cup vinaigrette and toss to coat. Cover and refrigerate for at least 1 hour. Salad may be served chilled or brought up to room temperature. To serve, divide the watercress among salad plates and top with the wild rice salad. (*Mitsitam Cafe*)

Entrée

Venison with Juniper and Wild Huckleberry Sauce, Serves 4 to 6

Deer leg meat, <i>loin cuts or rib chops</i>	2 lbs
Corn Oil	1/4 cup + 2 Tbsp
Juniper berries, <i>crushed</i>	2 Tbsp
Small tomato, <i>chopped</i>	1 small
Fennel	1 sprig
White Onion, <i>coarsely chopped</i>	1/4 cup
Carrot, <i>coarsely chopped</i>	2 Tbsp
Water	1/2 cup
Venison Brown Stock	2 cups
Honey	1 tsp
Apple Cider Vinegar	1 Tbsp
Blue Huckleberries	1/2 cup
Sea Salt	to taste
Ground black pepper	to taste

Cut the meat into manageable pieces (that will fit inside the saucepan). Trim the meat to remove the sinew and connective tissue and reserve the bones for the brown stock. Cut the meat into 4 to 6 pieces. Pour the 1/4 cup oil into a shallow bowl and roll the meat in the oil to coat lightly. Evenly sprinkle the juniper over the meat. Cover the meat loosely with plastic wrap and refrigerate for at least 4 hours or overnight.

Drizzle corn oil in another saucepan and heat to medium. Once hot, add the meat portion with sprinkles of salt and pepper. Cover the pan and heat evenly for approximately 7 to 12 minutes. Remove the meat from the grill and let relax for 10 minutes before cutting. Slice the meat across the grain and place on a warm platter. Serve the sauce on the side or spoon over the meat.

Sauce: Combine the 2 tablespoons of oil, the tomato, fennel sprig, onion, and carrot in a heavy saucepan over medium high heat. Stir frequently for about 10 minutes or until the vegetables take on a rich deep dark brown color. Be careful not to allow them to burn. Add the water and bring to a boil, then decrease the heat to a medium. Cook for 10 to 12 minutes, until reduced by half. Increase the heat to high, add the stock, and return to a boil. Decrease the heat to medium low and maintain a gentle simmer. Place the honey, vinegar, and berries in a separate saucepan over high heat. Bring to a hard boil, and then decrease the heat to medium. Strain the sauce into the honey and berry reduction and discard the solids. Simmer the sauce over medium heat for about 30 minutes, until reduced and thickened to the consistency of heavy cream. (*Food of the Americas*)

Dessert

Gluten Free Banana Muffin topped with Mixed Berry Wojapi, *Yields 8 to 9 muffins*

Mixed Berry Wojapi

Water	1 cup
Mineral Salt	1 pinch
Blackberries	1 cup
Blueberries	1 cup
Raspberries	1 cup
Strawberries	1 cup
Maple Syrup	2 Tbsp

Bring the water to a simmer in a medium saucepan. Add the mineral salt and the berries. Let simmer for 20 to 30 minutes, continuing to stir as the berries break down. Cook to your desired consistency. Remove from the heat and stir in the maple syrup.

Banana Muffin

Bananas, <i>mashed</i>	2 bananas
Coconut oil	3 Tbsp
Egg	1 egg
Sugar	1 cup
Almond flour	1/3 cup

Gluten Free Rice Flour	1/3 cup
Sorghum Flour	1/3 cup
Salt	1 tsp
Baking Soda	1/4 tsp
Baking Powder	1/2 tsp
Cinnamon	1/2 tsp
Nutmeg	1/8 tsp

Preheat oven to 350 °F. Line 1/2 cup cupcake or muffin pan with lines. Mix mashed bands, oil, egg and sugar in a large bowl. In a separate medium bowl mix remaining 8 ingredients and whisk around to combine dry ingredients. Pour dry ingredients in wet and mix to combine fully. Fill cupcake pan about 2/3 of the way and bake for 20 to 25 minutes or until toothpick test comes out with just a few crumbs. The muffins should be moist.

DINNER #2 MENU: Rivers & Lakes

Appetizer: *Three Sisters Soup*

Historical note:

In many Native communities, “women planted, hoed, weeded, and harvested communally. The staple crops they grew came to be known as the *The Three Sisters* (corn, beans, and squash). An Anishinaabe agricultural innovation, this complementary growing system is of the bean climbing the natural trellis provided by cornstalks, while the broad-leaved squash plants spread out below, to prevent weeds and keeping moisture in the soil.” (*Mitsitam Cafe*)

Entree: *Acorn Crusted Salmon with Gluckaston* (seaweed, corn & shrub needle water)

Historical note:

During the Spring, Ojibwe men often fished from dugout canoes using nets, hooks, and fish traps. In conjunction, fish such as salmon (*Kokanee*) were honored through various rites and ceremonies. The Ojibwe Fish Clan, *Giigoonh*, associated fish with long life and wisdom. (*Michigan State University*)

Dessert: *Double Cornbread Muffins*

Historical note:

As far back as the 1600s, corn has been an abundant and traded currency throughout indigenous cultures. In addition, corn helped to sustain diets without the use of pesticides and harm to the soil. The Ojibwe referred to corn as *min-dor-min*. (*Michigan State University*)

Beverage Option 1: *Chippewa Chilled Maple Syrup Beverage*

Historical Rhetoric:

Maple Sugar (*linzibaakwad*) and box elders (a member of the maple family) were an important staple of the Indian nations surrounding the Great Lakes area. Often maple sap would be available before the fish in the Spring causing natives to camp and harvest in maple abundant areas in the Fall & Winter. The maple sugar symbolized harmony between the people and the natural and supernatural worlds. (*Lessons of Our Land*)

Beverage Option 2: **Wild Raspberry Tea**

Historical Note:

Turtle Lake Ojibwe were known to utilize tree bark, maple, oak, roots, seeds, and fruits for both food and medicinal purposes. Wild raspberry tea, a traditional favorite of the Ojibwe, was often created from crushed roots to help relieve a variety of ailments. (*Chippewa Heritage*)

Dinner #2, Ingredients and Recipes

Appetizer

Three Sisters Soup, Serves 4 to 6

Any broad bean (i.e. dried chestnut, lima bean, etc.)	1 cup
Roma Tomatoes, <i>halved</i>	2 tomatoes
Poblano Chile	1 chile
Corn oil	1 Tbsp
Small white onion, <i>thinly sliced</i>	1/2 bulb
Squash, <i>quartered and sliced 1/2 inch thick</i>	1 squash
Green beans, <i>stringed</i>	1/2 lb
Corn kernels	2 ears of corn
Epazote or Cilantro, <i>minced</i>	2 Tbsp
Salsa verde	1/4 cup
Salsa roja	1/4 cup
Vegetable stock or water	2 cups
Sea salt	to taste
Ground Black Pepper	to taste

- Place the dried beans in a saucepan and add water to cover. Cover, place over medium-high heat, and bring to a boil. Remove from heat and let steep for 1 hour. Place over medium-high heat and bring to a boil. Decrease the heat to medium-low and cook for about 2.5 hours, until tender. Drain well.
- Place a pot of water on the stove and let it come to a rolling boil. Place a bowl of ice water next to the stove (or in a place easily accessible). Rinse the tomatoes and chile clean and remove any stems that are attached. Using a sharp knife, slice a shallow “X” into the bottom of the tomatoes. Gently place both tomatoes and chile into the pot of boiling water. Boil until the “X” splits open (25 seconds). Remove immediately. Place the chile in a plastic bag to steam for 5 minutes. When cool enough to handle, peel and seed the tomatoes. Peel the chile and cut in half length-wise. Remove any white membranes and scrape the seeds away and discard. Cut the chile into 6 pieces.
- Heat the oil in a heavy saucepan over medium-high heat. Add the onion and cook, stirring often, for 5 to 7 minutes, until softened. Do not let the onion brown. Add the squash and cook, stirring continuously, for 1 minute, until softened. Add the dried beans, fresh beans, corn, epazote, salsa verde, salsa roja, and stock and bring to a boil. Decrease the heat to medium. Add the tomatoes and chile and

simmer for 5 minutes. Season with salt and pepper to taste. Serve in warm bowls, allowing 1 tomato half per person. (*Foods of the Americas*)

Entrée

Acorn Crusted Salmon with Gluckaston, Serves 6

Gluckaston

Seaweed	1 oz
Vegetable Stock (<i>if seaweed is not dried</i>)	1/4 cup
Green Beans, <i>stemmed and cut</i>	1 lb
Carrots, <i>cleaned and thinly sliced</i>	2 cups
Sesame Oil	2 Tbsp
White Onions, <i>peeled and halved</i>	2 bulbs
Sweet Corn, <i>from the cob</i>	5 ears
Braggs Liquid Aminos	2 Tbsp
Fresh ginger	2 inches
Sea Salt	1 tsp
Black Pepper	to taste

If using dried seaweed, soak in cold water for at least 30 minutes. Blanch the green beans with one teaspoon of salt in a large pot of boiling water for 4 minutes. Drain well and set aside. Next heat the sesame oil in a large skillet on medium-high for about 1 minute. Peel, halve and slice the onions into crescent shapes. Add the onions and a pinch of salt. Stir occasionally for about 5 to 8 minutes (or until the onions begin to brown). Distribute the corn on top of the onions. Do not stir. Next lift the seaweed from the water and lay over the corn. Add 1/4 cups of the seaweed water over the corn. If not applicable, add 1/4 cups of vegetable stock over the corn. Cover and cook for approximately 5 minutes or until the corn is tender. Now, add carrots and beans. Stir to circulate heat for about 2 minutes. Then stir in Braggs Liquid Aminos. Grate the ginger with microplane over a wide bowl. Squeeze the gratings to get juice. Discarding the ginger, add the juice to the pan and cook for 1 minute. Salt and pepper to taste.

Honey Acorn Crusted Salmon

Salmon	2 fillets
Shelled Acorns	1.5 cups
Egg Whites	2 eggs

Preheat the oven to 425°F. Use a food processor or blender to pulverize the acorns into crumbs. When completed, place the crumbs on a plate. Next, crack the eggs into a shallow bowl and remove the yolks. Keep only the egg whites. Completely coat the salmon fillets with the egg whites. Then move the fillets to the plate

of acorn crumbs and coat the fillet on all sides (including the skin). Once the oven has reached the proper temperature, place the fillets on a slightly greased or non-stick baking sheet and bake for approximately 10 to 15 minutes (or until the fish is flaky when pulled apart with a fork). Serve alongside the gluckaston.

Dessert

Double Cornbread Muffins, *Yields 12 muffins*

Coarse Yellow Cornmeal	1 cup
Maple Syrup	2 Tbsp
Eggs	2 eggs
Whole Wheat Flour	1 cup
Unbleached All Purpose Flour	1.5 cups
Buttermilk	1 cup
Sour Cream	3/4 cup
Baking Powder	2 tsp
Baking Soda	1 tsp
Fresh corn kernels	1 cup
Canola Oil	1/4 cup
Fresh Sage	1 Tbsp
Sea Salt	1.25 tsp
Unsalted Butter, <i>melted</i>	1/4 cup

Position a rack in the center of the oven and heat the oven to 350 °F. Spray muffin liners with cooking spray and place in tray. In a large bowl, stir together the cornmeal, flour, baking soda, and salt until combined.

In a separate bowl, whisk together the melted butter, oil and maple syrup until a thick slurry forms. Whisk in the eggs, one at a time, and then whisk in the buttermilk and sour cream. Pour the wet egg mixture into the cornmeal mixture. With a rubber spatula, fold together until all of the cornmeal is completely incorporated. Fold in the corn kernels and the sage until they are evenly distributed throughout the batter. The batter will be thick and pasty.

Fill muffin cups half full. Bake for 20 to 30 minutes, or until the tops are light golden brown and a toothpick inserted in the center comes out clean. Let cool completely in the pan on a wire rack. (FirstNations.Org)