

Recipe

Milkweed Cream Soup

Recipe: Indian Cook Book - Mrs. Margaret Wilber

4-5 Quarts of Milkweed Blossoms
½ pound of seasoning meat, diced (ham, bacon, or salt pork)
1 Tablespoon butter or margarine
1 cup flour
Milk (whole or can)

NOTE: Milkweed should be picked when the blossoms are in the bud, some folks like them tiny, others just before the buds open.

1. Clean and wash the buds thoroughly, and parboil, but not too long, otherwise you lose the flavor.
2. Let them come to a good boil, drain them, then run warm water over them.
3. Return to the kettle with warm water.
4. Add seasoning meat, which has been diced.
5. Add enough water to cover.
6. Let cook until the meat is done, about half an hour.
7. Add thickening made of flour and milk.
8. Let simmer for about five more minutes, add butter or margarine.

Atāehemen Kēsoq

Strawberry Moon - June