



Cēhkoweyāēsekwanak napōp
Hulled corn soup

Original art created by Dan Grignon

Photo by Jennifer K. Gauthier

*This project is supported by CDC's High Obesity
Program (HOP 1809) cooperative agreement*

Awāētok
Kēsoqnōhsaeh

Young Bear Moon

Vocabulary!

Eneq-peh taeh's tāēw-
esiqtawekāētuaq

And then they started visiting

Cēhkoweyāēsekwanak
napōp wēhkan

Hull corn soup tastes good



HOMINY, BAKING SODA METHOD

INGREDIENTS

- 2 Tablespoons baking soda
- 1 gallon of water
- 1 ½ pounds dried whole corn kernels (about 1 quart)

Recipe from
Mino Wiisinidaa!

1. Using a medium stock pot, mix all ingredients and bring to a boil, for about 20 minutes.
2. Maintain boil, adding water, if necessary, until hominy is soft, about 2 to 3 hours. Hominy is soft when the kernel's exterior coating, or hull, comes off when squeezed between the thumb and forefinger.
3. Once hominy is soft, take off the heat. Place a colander in a sink with cold running water.
4. Scoop a manageable batch of hominy into a colander and place it under cold running water. Aggressively swirl hominy in the colander to help dislodge the hull.
5. Rub the hominy against the colander to release the hull of the grain and the black speck, also known as the germ, at the base of the kernel.
6. Continue to rinse until the water runs clear, and most of the hulls and germs are removed.
7. Set clean hominy aside and repeat with remaining hominy.
8. Hominy can be reheated and served as a side dish or stored for later use.