



Māēc Awāētōk Kēsoq

Old Bear Moon/January

Anāmaehkatwan Kēsoq

Greeting Moon/January



Enāēnapun
Sour bread

Original art created by Dan Grignon

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

Vocabulary!

Kaeqsiw
It is cold

Nekēs pahkīsekanem
I baked bread



SOUR YEAST DOUGH

INGREDIENTS

- Yeast
- Sugar
- Flour
- Water
- Potato

Recipe from Indian Cook
Book, Mabel Dickie!

For Nanopoon, biscuits, pancakes:

1. Yeast is made with 1 tablespoon of sugar to each cup of flour.
2. Warm water is added just to moisten.
3. Let stand in a warm place for several days. It is ready to use when it becomes "spongy".
4. Yeast can also be made with flour and water, mixed to a stiff batter, to which a scraped, grated potato is added.
5. It is ready, after sitting in a warm place for several days, when it becomes foamy. It is then ready for nanopoo, (bread), biscuits, and pancakes.