



Namāēkoh
Trout

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*

Namāēpen Kēsoq

Sucker Moon/February

Vocabulary!

Kohkānāhtek

Fishing pole

Sahkākonakat

The snow is crusting

Sēwehtākanahāēw

He or she salts it (animate)



BOILED FISH (TROUT)

INGREDIENTS

- Trout
- Salt
- Pepper
- Flour
- Water or chicken rice soup
- Pork or bacon

Recipe from Menominee
Indian Cookery!

1. Clean the fish thoroughly and dry it with a paper towel.
2. Sprinkle salt and pepper in and outside of trout, roll in flour, and place in a pan.
3. Lay in rows.
4. Add one can of chicken rice soup or use plain water.
5. If plain water is used, add strips of thinly sliced salt pork or bacon.
6. While the fish is in the oven, turn them at least once.
This is good if you are tired of fried fish.