



**Namāēkoh**  
Trout

Original art created by Dan Grignon

Photo by Jennifer K. Gauthier

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Program (HOP 1809) cooperative agreement*

**Wanāēw Kēsoq**  
Crusted Snow Moon/March

**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.