



Pawāhan Kēsoq

Rice Gathering Moon/September

Vocabulary!

Ohsām pīceakaenon
Boiled dinner

Ahkāēh
Kettle

Menī-kēsekat
It's a nice day



Ohsām pīceakaenon
Boiled dinner

Original art created by Dan Grignon

Photo by Jennifer K. Gauthier

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JENNIFER'S BOILED DINNER

INGREDIENTS

- 1 fresh rutabaga cut into 1/2 inch thick slices
- 1 lb fresh carrots (1 lb peeled or 1 lb already peeled baby carrots)
- 1/2 pound Green beans or yellow beans
- 4 Ears of fresh sweet corn whole or halved
- 3-4 fresh summer squash, zucchini, or patty pans
- 8-9 russet potatoes, red potatoes, or Yukon gold
- Salt pork slices (optional) (12 oz package)

1. A large soup kettle and layering are key to a good boiled dinner
2. Begin by layering all of the sliced rutabaga pieces in the bottom of your kettle
3. Add a slice or 2 of salt pork between layers if desired
4. Next layer carrots, beans, sweet corn, summer squash, and lastly, potatoes
5. Fill the kettle with water up to the bottom of the potatoes, do not cover the potatoes in water
6. (Potatoes will cook from the steam rising; if you add too much water, your potatoes will dissolve)
7. Boil the kettle on medium heat for 30 minutes or longer checking with a fork for tenderness
8. Once fork tender, dish up and serve!
9. *Save the broth! Add whole-grain barley and fresh onions for a great soup!

Recipe from Jennifer K. Gauthier!