



Wāpatow
Mushroom

Original art created by Dan Grignon

Photo by Jennifer K. Gauthier

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Program (HOP 1809) cooperative agreement*

Sūpomāhkwan Kēsoq

Sugarmaking Moon/April

Vocabulary!

Wāpatowak

Mushrooms

Kemēwan

It is windy

Kēskahah ēh-eneh wāpatow

Mushrooms are good



DECOLONIZED GREEN BEAN CASSEROLE

INGREDIENTS

- 1 pound green beans, fresh or frozen
- 4 tablespoons high-quality sunflower oil or olive oil
- 1 large leek, chopped, or 2 ramps, stalks and bulbs only, chopped
- 10 ounces fresh mushrooms, sliced
- ½ teaspoon garlic powder
- About ½ cup potato flakes
- 1 ½ cups stock
- Salt and black pepper
- Gluten-free Funyons for garnish, optional

Recipe from Original Local!

1. Preheat the oven to 350 degrees.
2. Bring water to a boil in a large saucepan and cook beans until they turn bright green. Drain and set aside.
3. In a skillet set over high heat, warm 2 tbsps of oil and cook leeks until they soften and brown; remove from pan and set aside.
4. Add the remaining 2 tablespoons of oil and mushrooms to the skillet, and stir, until mushrooms begin to give off juices.
5. Add garlic powder and stir. Continue cooking for 1 to 2 minutes.
6. When mushrooms are soft and have given off a lot of juice, slowly sprinkle in potato flakes a bit at a time, stirring constantly and also adding stock a bit at a time, until a thick sauce forms.
7. You may need to add more potato flakes. Season with salt and pepper.
8. Place green beans in a shallow oven-safe dish and add a splash of stock so beans do not stick to the bottom of the dish.
9. Pour mushroom mixture on top of green beans. Spoon leeks over the top.
10. Bake for 30 minutes or until leeks are crisp and beans cooked to taste. If the casserole seems to be drying as it cooks, add a splash of stock at the edges of the pan, taking care not to water down the mushroom sauce.
11. Remove from the oven and garnish with Funyons.