

Mohawk Cornbread

Offered by Gordie Soaring Hawk who learned this recipe from his grandmother and great-uncle, Six Nations, Grand River

INGREDIENTS

- Salt, to taste
- Corn flour (about 2 pounds)
- Kidney beans (2 cans)
- Big kettle of boiling water

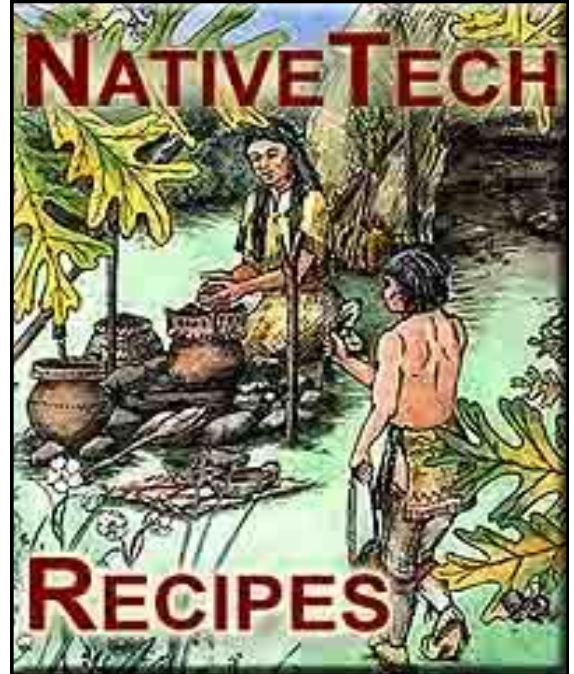
DIRECTIONS

Mix flour and about 1 tablespoon of salt with the beans and some water until you form a stiff dough, kneading it with your hands.

Form into flattened cakes about 6 inches in diameter, and about 2 inches thick.

Boil in the water in a covered kettle until they rise (about 1 hour).

Lift out of kettle. Slice and serve with butter.



This recipe is from *Native Tech Recipes*.

This recipe and others are hosted online by NativeWeb, which:

- promotes Indigenous resources
- informs the public about Indigenous cultures and issues
- facilitates communication between Indigenous peoples and organizations supporting their goals and efforts.

Gordie Soaring Hawk Notes:

“When you serve with squash, you are sharing the gifts of the 3 Sisters.

The cornbread is good the next day as well. Fry in a pan and serve hot. My grandparents used to eat it with maple syrup, and my great uncle said the broth used to cook the bread was good for you as well. The idea didn’t catch on with me but the maple syrup wasn’t bad. I still prefer savory to sweet when it comes to cornbread.”