

Métis Pemmican

INGREDIENTS

2 lbs of buffalo meat

¼ cup of berries (blueberries or Saskatoon berries)

5 tablespoons of animal fat



DIRECTIONS

1. Cut meat into long strips
2. Hang meat in the sun to dry
3. When dry, pound strips into flakes
4. Mix together flakes and dried berries in hide bag (or bowl)
5. Add melted fat (hot)

Traditionally, the hide bag containing pemmican was sewn shut and the pemmican kept for years. Pemmican was nutritious and filling, and easily transported on long journeys.

(Source: [Canada's First Peoples](#))

Indigenous Ingredients: moose meat, animal fat, berries

“Create love in the kitchen! Enter with a good mind, happy heart and clean hands!”

Kate Brant