

### **Baked duck and wild rice**

2 ducks  
2 cups hand parched rice  
1 cup sliced carrots  
1 cup sliced celery  
½ cup chopped onion  
Dash salt and pepper  
Water

Bake the duck at 350 degrees for 2 hours, with 1 – 2 inches of water. Remove from oven then add rice, carrots, celery, onion, salt and pepper. Then add enough water to cover the rice, bake 1 more hour or until rice is done.

Prepared by Doris Isham

### **Bannock**

5 cups flour  
1 ½ cups warm water  
1 tbs baking powder  
½ salt

Make a well in the flour. Mix ingredients together. Do not knead long  
Cook on stove low hear 15 min each side.

Prepared by Karen Drift

### **Beer Cheese with Popped Rice Soup**

3 cups white onion, diced  
3 cups celery, diced  
1 cup carrot, diced  
4 garlic cloves, minced  
2 tsp hot sauce (Frank's Red Hot or Tabasco)  
¼ tsp cayenne pepper  
1 tsp salt  
½ tsp black pepper  
6 cups chicken broth  
4 cups of beer (2 and 2/3 cans)  
2/3 cup butter  
2/3 cup flour  
4 cups milk

4 cups half and half (sub milk or cream)  
12 cups of cheese (I use about 7 cups shredded cheddar and 2 (24 oz.) packs of American)  
2 TBS Dijon mustard  
4 tsp Worcestershire sauce  
1-2 lbs. Cooked and diced bacon  
Popped wild rice (sub popcorn)

Cook bacon, and set aside.

Sauté vegetables on low heat in a large pot. Add garlic and cook vegetables until softened, but retaining some interior crispness. No one likes mushy vegetables! Add hot sauce, cayenne, salt, pepper, broth, and beer. Keep on low heat.

In another pot on medium heat, melt the butter. Slowly whisk in flour until combined thoroughly with butter. Whisk in milk and half-and-half. Raise heat to medium-high. Continue whisking while adding cheese. The cheese should melt as you slowly add it, never forming clumps. The mix should never boil, and no flour or cheese should collect on the bottom, or it will burn. Once all of your cheese has been incorporated, combine with your pot of vegetables and stock. Add Dijon, Worcestershire, and bacon. Simmer for 10 minutes. Serve, garnished with popped rice.

Yields over a gallon of soup, approximately 18 cups.

Prepared by Mesa Siebert

### **Blueberry and Maple Popped Rice Wontons**

1 pack (60 count) of wonton wrappers  
1 (8 oz.) pack of cream cheese  
½ cup plain Greek yogurt  
4 TBS honey  
3 cups blueberries

Rice:

¾ c. uncooked, hand-parched wild rice  
½ inch canola, vegetable, or peanut oil  
¼ cup maple syrup  
2 TBS honey

Directions: heat oil in small saucepan. Oil is hot enough when a grain of wild rice pops soon after being thrown in. Using a small metal sieve or strainer, pop 1 TBS of rice at a time in the oil. After all rice is popped, combine with maple syrup and honey.

Combine rice with cream cheese, Greek yogurt, blueberries, and remaining honey. Spoon mixture into wonton wrappers, approx. 1 TBS per wrapper. Pinch together the corners. Place wontons on a greased cookie sheet. Preheat oven to 425F. Cook 10-15 minutes or until lightly browned.

Yields 60 wontons

Prepared by Josef Siebert

### **Blueberry, Lemon, Bread pudding**

1 ¼	skim milk
3	eggs
½	cup, sugar
2 tbs	grated Lemon peel
2 ½ cup	French bread cut into 1 inch squares

Cook in a pan of water with the muffin tin in the water for moisture – covered with foil.

Remove foil the last 15 mins

Cook for 45 mins.

Prepared by Marybelle Isham.

### **Chicken Wild Rice Pot Pies**

Filling:

- 1 (12 oz.) can of cream of mushroom soup
- 1/2 lb. of cooked chicken, shredded or thinly sliced
- 1 1/2 cups wild rice
- 3 cups of chicken stock (or 6 cups water and 6 bouillon cubes)
- 1/2 cup diced celery
- 1 cup diced onion
- ½ cup dices zucchini
- ¼ cup diced carrot

Combine all filling ingredients EXCEPT cream of mushroom soup in a crockpot. Let cook 3-4hours on low, or until rice has opened and veggies are soft. Transfer to large bowl or pot and mix in cream of mushroom soup. Refrigerate until mixture has cooled.

Crust:

Pie crust dough

Lard or cooking oil spray (Pam)

## Muffin tins

Either make your own dough or purchase pre-made. I used Pappy's Pie Crust dough (22 oz.), which is enough for four standard-sized pie crusts.

Grease or spray muffin tins. Roll out dough and cut to form into muffin tins. Make sure there is a tiny bit of overhang to press the top onto, and that there are no bare spots within the tin, or your filling will ooze out. Fill with refrigerated mixture. Do not fill beyond the top of the muffin tin, or your pies will explode when reheated. I stop just below the top of the muffin tin. Roll out more dough and cut tops to fit. Press down on the edges to seal the pies.

After about 10 pies are completed, preheat the oven to 400F. It should be ready to go by the time you are finished filling and topping. Before baking, use a knife to poke a few slits in the tops of the pies, to allow steam to escape. Bake 15-25 minutes, until nicely browned. Remove from oven and allow to cool. Place a cookie sheet on top of the muffin tin, and then flip over to remove the pies. They should slide easily from the tin.

You can either enjoy them immediately, or wrap them individually and freeze them for later!

Yields 20 pies

Prepared by Josef Siebert

## Cinnamon Carmel Bread pudding

- 1 loaf cinnamon swirl bread cut into 1 inch squares
- 3 eggs
- ½ cup sugar

Cook in a pan of water with the muffin tin in the water for moisture – covered with foil.

Remove foil the last 15 mins

Cook for 45 mins.

Prepared by Marybelle Isham.

## Deer stew

- 10 cups water
- 3 pounds deer meat (shoulder)
- 6 large potatoes sliced
- 3 stalks celery
- 1 large onion (yellow)
- 1 tablespoon pepper (ground)
- 1 teaspoon salt
- ½ teaspoon garlic
- ½ teaspoon clove

Put meat and water in crockpot on High for 2 hours, then on low for 6 hours.

Place all seasonings in with the meat and water (pepper, salt, garlic, clove) let stand for 1 hour  
Slice potatoes, onion, and celery. Place in crockpot on High for 2 hours.

Prepared by Teresa KnifeChief (Marcus)

### **Pickled Northern and Corn Cakes**

3 pints of pickled northern, drained  
1 (16 oz.) can of corn, drained  
1 white onion, grated  
1 cup of shredded cheddar cheese, softened  
1 ½ cups of cracker crumbs  
1 (8 oz.) pack of cream cheese  
1 ¼ cups of corn flour  
½ cup diced jalapenos (from a jar)  
2 TBS juice from jalapeno jar

Directions:

Combine all ingredients in a large mixing bowl. Be sure cream cheese is mixed in well. Form mixture into patties about ½ inch thick and 3 inches in diameter. Heat oil in a pan. Fry patties in oil until browned on each side. Serve with sour cream, or mayonnaise and lemon.

Yields 26 patties

Prepared by Josef Siebert

### **Popped wild rice with dried cranberries and blueberries**

3 cups hand parched net lake wild rice  
3 cups of canola oil  
1 cup of dried blueberries  
1 cup of dried seedless cranberries  
2 cups of sliced hazelnuts  
½ cup of granulated maple sugar

Pour the canola oil into a small saucepan and turn the stove on to medium heat. After about 5 minutes drop a kernel of wild rice into the oil. If the kernel of rice immediately rises to the surface of the oil and puffs up then the oil will be at the right temperature. If the kernel doesn't rise to the surface or puff up then the oil is not hot enough so wait 2 minutes and try again.

After the oil is hot enough put 2 tablespoons of rice into an all metal sieve, preferably about the same size as the saucepan and dip the sieve with the rice in it, into the hot oil. After the rice puffs up, and it should only take a few seconds to puff up. Then dump the rice into a bowl lined with paper towel to

absorb the excess oil. Repeat the process until all of the rice is used. Then remove the saucepan from the heat.

Stir the popped rice to make sure any remaining oil is absorbed by the paper towel. Gently grab the paper towel and slowly slide it out from under the popped rice while gently shaking off any rice on it then discard the paper towel. Add the rest of the ingredients and stir until mixed and serve.

Prepared by Donald L. Chosa Jr.

### **Three Sisters Stew**

(20 servings)

6 -7 lbs. butternut squash  
3 tablespoons, olive oil or veg oil  
3 medium to large onions  
5 cloves garlic  
1 red pepper (thinly sliced)  
9 cups canned diced tomatoes  
2 14 oz. cans pinto beans, drained and rinsed  
1, 14oz can black beans, drained and rinsed  
3, 11oz cans, corn  
6 cups vegetable stock  
2 tablespoons cumin powder  
2 tablespoons oregano  
1 tablespoon salt  
1 tablespoon black pepper  
1 teaspoon cayenne pepper  
1 cup chopped parsley or ½ cup cilantro

To serve 6 -7 persons divide by 1/3

Cut squash in half length-wise

Remove seeds, peel skin and cut large dice or bake whole, and then peel when firm enough to pierce with knife. 350 degrees for 45 minutes. Cool

Heat oil in pot; add onion, sauté until translucent. Add garlic and continue to sauté until onions are golden.

Add squash and all remaining ingredients except cilantro (parsley) bring to simmer and cover until the vegetables are done. Add the parsley or cilantro and season to taste with salt and pepper – ENJOY!

Prepared by Phillip Collard

### **Wild Rice and Bison sausage stuffed mushrooms**

3 lbs. stuffing mushrooms (button or portabella)

3 cups cooked wild rice  
1 large onion diced  
3 -4 ribs celery diced  
1 large apple diced  
Herbs: ¼ cup fresh parsley, sage rosemary and thyme (or tablespoon – mixed dried)  
1 lb. – bison sausage (meat, herbs like: sage, paprika, thyme, mustard, salt, pepper. 1 egg mixed with bread crumbs – cook to golden brown  
Stuffing – sauté onion, celery until soft, add apple cook few minutes  
Mix vegetables with herbs and wild rice then bison meat – bread mix

Remove stems from large mushrooms, set in glass or metal cake pan,  
Caps down, stuff with dressing  
Cover with foil with ¼ water and 3-4 tablespoons butter  
Bake at 350 degrees for 25 – 30 minutes, uncover and serve.

Prepared by Phillip Collard

### **Wild Rice chicken and veggies soup**

2 cups cubed rutabaga  
1 cup celery  
¾ cup onion – chopped  
2 cups carrots  
2 cups chicken – cubed  
2 cans chicken broth  
Salt, pepper, butter  
1 tsp. garlic salt  
Lightly brown cubed chicken in 1 tablespoon butter with salt and pepper.  
Bring to boil – rutabaga, carrots, celery and onion.  
Continue for about 10 minutes then add wild rice, chicken and broth, 1 tsp garlic salt.  
Lower and simmer until veggies and chicken are tender

Prepared by Janet Thompson

### **Wild Rice crispy bars**

5 cups of popped wild rice  
¼ stick butter  
1 bag of marshmallows

Melt the butter in the pan, add the marsh mellows, stir until the marsh mellows are melted. Remove from the heat and then dump the popped rice in, move quickly so the marsh mellows don't get too hard. Then transfer to a 9x13 baking pan and let cool. (Butter pan)  
Then cut into bars.

Prepared by Marissa Mason

### **Wild Rice Deer meat and Hazelnut Hot Dish Recipe**

4 lbs. of deer meat cut into stew meat browned  
3 cups hand parched Net Lake Wild Rice  
1 cup of chopped wild onions  
1 cup of hazelnuts cut in half  
4 10 ½ oz. cans of Campbell's beefy mushroom soup  
8 cups of water  
2 tablespoons beef gravy base  
2 tablespoons sea salt  
2 tablespoons canola oil

Brown the deer meat with canola oil in a frying pan. Put the deer meat into a large rectangular baking pan. Add all of the other ingredients and cover. Place into the oven and bake for 1 hour at 375 degrees. Remove from oven and let sit for 20 minutes before serving.

Prepared by Donald L. Chosa Jr.

### **Wild Rice Hot dish**

3 cups wild rice  
1 medium can of cream of mushroom soup  
1 medium can of cream of chicken soup  
1 medium can of cream of celery  
1 lb. of hamburger  
1 lb. of bacon  
1 cup celery  
¾ cup onion  
Salt and pepper  
Butter – 2 tbsps.

Cook celery, onion in fry pan with butter, until onions are translucent.

Brown hamburger and bacon, separately

Mix soups together in mixing bowl, set aside

In baking dish mix hamburger, bacon, celery and onion. Add wild rice and soup mixture, with enough water to cover about 1 inch.

Bake 325 degrees for 45 minutes, stir occasionally, add tator tots bake additional 20-25 minutes until tator tots are golden brown.

Prepared by Janet Thompson

### **Wild Rice, Deer Meat Pie**

Boil 1 ½ cup wild rice; boil until half done (drain)

Add deer meat

1 can mixed vegetables

1 can beef broth

1 can water

Salt and pepper

Pour into pie crust

Bake at 350 degrees for 45 minutes.

Prepared by Karen Drift