

2024 TRIBAL ELDER FOOD BOX NEWSLETTER

week 5



Food & Farms Represented In This Week's Box

Red Cliff Fish Co. - Smoked Chuck Whitefish
Oneida Nation Farm - Ground Beef
Red Lake Nation Fishery - Walleye Fillets
Bodwéwadmī Ktēgan - Aquaponic Lettuce
Chippewa Valley Produce - Yellow Onions
Chippewa Valley Produce - Snap Peas
Seasonal Harvest - Cherry/Roma Tomatoes
Seasonal Harvest - Beets
SLO Farms - Cucumbers
SLO Farms - Zucchini
SLO Farms - Fresh Dill
Catatil Organics - Salad Mix
Spirit Lake Native Farms - Wild Rice
Rustic Ridge Farm - Honey

Pickled Beets

Ingredients:

2 bunches, or about 8 fresh medium to large sized beets
1 ½ cups water + 1 cup for beet roasting
1 ½ cups white distilled vinegar
1/3 cup sugar
1 tablespoon salt
1 teaspoon mustard seeds
1 teaspoon whole black peppercorns

Instructions:

1. Preheat the oven to 350°.
2. Slice off the stem end of the beets.
3. Place them in a pan or pot cut side down along with 1 cup of cold water.
4. Cover with a lid or foil and roast in the oven for 1 hour at 350°.
5. Remove them from the pot and let them cool for about 30 minutes on a plate or platter.
6. Using gloves, clean hands, or paper towels, remove the outside peelings of the beets.
7. Cut the beets into thick slices or wedges.
8. Place the cut beets into clean and sterilized jars.
- 9.
10. Next, bring the water, vinegar, sugar, salt, mustard seeds, and peppercorns to a boil in a large pot over high heat. Make sure the salt and sugar are completely dissolved before removing it from the burner.
11. Pour the brine over the beets in the jar making sure to submerge them.
12. Cool to room temperature before adding on the seal and lid and placing in the refrigerator. See make and storage, along with chef notes.



Pan-fried walleye with wild rice and vegetable medley

Ingredients:

4 skinned walleye fillets (6 to 8 ounces each)
Flour to coat fish
4 to 5 tablespoons olive oil (divided)
¼ cup (½ stick) butter
2 cups sliced fresh mushrooms
1 shallot, chopped
2 cloves garlic, chopped
2 tablespoons fresh lemon juice
2 medium-sized zucchini, unpeeled, cut into ½-inch wedges
2 medium-size yellow squash (unpeeled), cut into ½-inch wedges
¼ red bell pepper, cored and diced
¼ green bell pepper, cored and diced
2 cups warm prepared wild rice
2 medium Roma tomatoes, diced, for garnish
6 green onions (white and green parts), diced, for garnish
Lemon wedges for garnish

Preparation:

1. Preheat oven to 350 degrees.
2. Lightly flour walleye fillets. Heat a medium to large ovenproof sauté pan. When hot, add 2 to 3 tablespoons oil. When oil is hot, add fillets and fry on each side until lightly browned, about 4 minutes. When browned, transfer to preheated oven to finish. Bake, uncovered, 3 to 5 minutes depending on thickness of fillets.
3. For mushroom butter sauce: In a medium saucepan, melt butter. Add mushrooms and sauté 2 to 3 minutes. Add shallot and garlic. Add lemon juice and reduce until broth thickens slightly.
4. For wild rice: Add remaining 2 tablespoons olive oil to a sauté pan. Add zucchini, squash and bell peppers and cook until al dente, then mix into warm rice.
5. To assemble: Put a fourth of the wild rice vegetable medley in the center of each plate. Place one fillet on top. Top servings with mushroom butter sauce, then garnish with tomatoes and green onions. Finish with a lemon wedge.

Cucumber Salad

Ingredients:

2 English cucumbers, very thinly sliced
½ large red onion, very thinly sliced
¼ cup white wine vinegar
1 tablespoon honey or agave nectar
1 teaspoon sea salt
2 tablespoons chopped fresh dill
Chopped fresh chives, optional, for garnish
Freshly ground black pepper

Instructions:

In a large bowl, toss together the cucumber, onion, vinegar, honey, and salt. Chill for 20 minutes.
Transfer to a serving bowl, leaving any excess water behind. Sprinkle with the dill and chives, if desired. Season with several grinds of pepper and serve.



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