

Traditional Cherokee Recipes

Fry Bread Recipe

1- package. yeast
3-cup's floor
1-tsp. salt
1-table. sugar
1-table. baking powder
1-cup. warm water

mix yeast and sugar in 1/4 cup warm water and then set aside next to heat for 5 min. mix the salt and baking powder and floor together
stir in the yeast and sugar mix and add warm water as you go till dough is soft and firm.
take dough apart and shape the way you like and put into deep fryer or frying pan and let cook till golden brown.

cooking:

6 - cup's oil
heat till boiling , you can check by dropping a pinch of floor in and if it sizzles and turn's brown then it is ready.

Serve with butter and jam

Bean Bread

Ingredients:

Dried Beans
Corn Meal

Boil dry beans in plain water until tender. Pour boiling beans and some of the soup into the corn meal and stir until mixed. Have a pot of plain water on the fire boiling. If you want bean dumplings, just make mixture out into balls and cook in the pot of plain water uncovered until done.

Eat these dumplings plain, with butter, meat grease (a favorite), wild game, hot or cold, as suits one's fancy.

If you want broadswords you should mold the dumplings flat in the hand and wrap in corn blades, cured , or hickory, oak, or cucumber tree leaves. Tie with a stout reed unless able to tie the wrappings. Drop this into the boiling water, cover, and boil until done. Do not put any salt in Bean Bread or it crumbles.

Cornbread Soup

Slice cold cornbread as thin as possible. Toast both sides before the fire, drop the toasted pieces into boiling water, and season with grease and meat if you have it.

Peanut Soup

Ingredients:

1 9.25 ounce jar, dry roasted peanuts
2 cups water
2 cups milk
2 5.4 gram packages instant chicken broth
1 tablespoon minced chives

Directions

Chop the nuts fine or puree in a blender. Place the nuts and remaining ingredients in a large saucepan and heat, stirring for 5 to 20 minutes. Serve hot.

Egg Soup

Directions:

Beat eggs (chicken or bird) slightly and pour into boiling water. Season with salt and grease. Add meat if you have it. Serve the soup hot with mush.

Fried Corn

Ingredients:

12 ears fresh corn
1/4 cup lard or bacon grease
salt and pepper to taste

Directions

Cut the corn off the ears, scraping the cob to get all the milk and kernel. Put in a frying pan over medium heat w/ melted grease or lard. I always use a spatula to turn the corn every 5 minutes or so until some of the corn starts to brown. Turn down heat and cover, stirring regularly to make sure the corn doesn't scorch. Add salt and pepper to taste.

Baked Cucumbers

Ingredients:

4 cucumbers, peeled and quartered, lengthwise

2 tablespoons butter or margarine

1 teaspoon dill seed, crushed

1/4 teaspoon fresh ground pepper

1 teaspoon salt

Directions

Place a layer of cucumbers in the bottom of an 8" x 8" x 2" baking dish and dot with half of the butter or margarine. Mix together the seasonings, and sprinkle half over the layer of cucumbers. Add a second layer of cucumbers, dot with butter, and sprinkle with remaining seasonings. Bake, uncovered, in a hot oven (400° F) for 1 hour. Stir cucumbers lightly once, pushing the top layers to the bottom and lifting the bottom cucumbers to the top. Serve hot.

Fried Green Tomatoes

Ingredients:

2 lbs. Green tomatoes

4 eggs

1 1/4 cup Corn meal

3/4 cup Water

1/4 cup Minced chives or wild onions

1 Tbsp. Salt

1/4 tsp. Pepper, fresh ground

1/4 cup Butter or margarine

Directions

Slice the tomatoes 1/2" thick, but do not peel or core. Drain well between several thicknesses of paper toweling until most of the moisture of the tomatoes is absorbed.

While the tomatoes are draining, make a batter by beating the eggs until light, then mixing in the corn meal, water, minced chives, salt, and pepper. In a large, heavy iron skillet, heat the butter or margarine until bubbly. Dip the tomato slices into the batter, and brown quickly on both sides. Serve immediately.