

# MÉTIS COOKBOOK

AND GUIDE TO HEALTHY LIVING

2ND EDITION



OAAPH [known as the National Aboriginal Health Organization (NAHO)] receives funding from Health Canada to assist it to undertake knowledge-based activities, including education, research and dissemination of information to promote health issues affecting Aboriginal Peoples. However, the contents and conclusions of this publication are solely that of the authors and are not attributable, in whole or in part, to Health Canada.

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ISBN 978-0-9809579-5-2

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*Please cite using the following format:*

*Métis Centre, National Aboriginal Health Organization (2008).  
Métis Cookbook and Guide to Healthy Living, Second Edition.  
Ottawa: National Aboriginal Health Organization.*

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MÉTIS  
COOKBOOK

AND GUIDE TO HEALTHY LIVING

2ND EDITION

This guide is intended only to provide basic information about health, history and cooking. In no way is the information in this book intended to replace the advice of a physician. This guide only contains general information and it is recommended that you always follow the advice of your physician.

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## Acknowledgements

The Métis Centre at the National Aboriginal Health Organization gratefully acknowledges the many Métis families, individuals and communities across Canada who submitted recipes and stories for this publication. The Centre would like to offer deep thanks to Maria Campbell for honouring our cookbook with her words, and to Rita Flamand for her thoughts and for the Michif translation.

A special thank you to Tricia Logan for recruiting and securing a wide variety of recipes and photographs, to the dietitian Kelly Gordon for writing the nutritional content, and to the peer reviewer Colleen Gobert for her valuable insight.

The project facilitator for this book was Miranda Dyck of the Métis Centre and communications support provided by Jelle Deslauriers, Roger Sabot and Anna Burnstein. The Métis Centre acknowledges, with thanks, the very hard work of its staff in producing this cookbook.



*French Métis hunters and traders on the Plain, Boundary Commission, 1872–1874 Archives of Manitoba*

## Foreword

My earliest memories are of sitting at the kitchen table watching my mom and aunties prepare feasts for family gatherings. Their laughter, their chattering voices and the wonderful smell of *li bullet* soup simmering on the big wood stove heralded that all was well in my world.

Soup was a staple in every Métis home. Instead of coffee breaks, Dad had soup breaks, and for us kids who walked a couple miles to school, it was the first thing we did when we got home, right before we ran out to do our chores.

Mom always had a big black cast-iron pot at the back of the cook stove, and every morning all the leftovers from the day before would be dumped into the pot along with the leftover gravy. The contents of the soup varied from day to day; sometimes it was moose and beans, partridge and oatmeal, rabbit and noodles, or even all of them together.

In the late fall when the snow and cold came, Mom would stockpile soups and broths to be used for unexpected company or for the times when there was “nothing for the pot.” “Nothing for the pot” were the times when we were really, really poor and there was no food in the house for the soup pot.

As soon as winter came, Mom would begin making pots of soup. The soups were made from just about everything: wild meats, fish and birds, vegetables, beans, barley and rice. When the soups were ready, she would cool them down and pour them into greased containers — greasing the containers made it easier for the soup to come out later.

Then she would put the soup out to freeze. When it was frozen, she would wrap it in cheese cloth and put it into sugar and flour bags, then hang it on hooks in the ice house.

Our food, until the mid 1950s, which is about the time our world started to change, was simple and nutritious. Like us, the food was a mixture of old world and new; old world being our *kokoms*, the Cree, Saulteaux, Sioux and other First Nations women of this land, and new world being the European grandfathers who came from France, Scotland, Ireland and England.

As Métis people, our history in Canada is a sad one. We were the forgotten or invisible people. Once known as “Lords of the plains,” we were reduced to poverty and, more often than not, living on the edges of white towns, Indian reserves or road allowances. In many cases, we were not allowed an education because we were not tax payers and we had no treaty. Our brown skin, curly hair and light eyes set us apart from the two peoples who mothered and fathered our nation. However, as materially poor as we were, the land provided us with good food and medicine. If there was good food, there were stories, music and laughter, and from this came a richness that no amount of poverty or violence could completely take away. We were then and we continue to remain *kah tip aim soo chik*: “the people who own themselves.”

This cookbook is full of many more modern recipes than those of olden times, but some of them still have the essence of the old. They are also a testament to the Métis mothers of the past who always found a way to throw together a great meal. To the young parents who will be using this book, remember the good things of your childhood, and as you prepare this food, use the energy from those good memories to re-create those old traditions of sharing good food, stories and laughter. That, I know for sure, will build strong families and a strong people.

Respectfully,  
Maria Campbell  
Gabriel's Crossing  
Batoche, Saskatchewan  
May 12, 2008

## Introduction

Not so long ago, like all Aboriginal Peoples, Métis lived off the land and consumed a nutrient-rich diet of wild game and seasonal plants, and led very active and social lives. Community and family played a very important role in the lives of historic Métis, as they do today. A healthy life, then and now, meant not only eating healthy foods and being physically active, but also receiving social support from our families, friends, communities and nation.

It is easy to forget the very important role food plays in our lives and in bringing us together as families and communities. Traditionally, our food served to bring together individuals and communities in kitchens. Leftovers were shared among the community and visitors were always welcome at the family table. Food systems were simple and focused on seasonally-appropriate foods. This simplicity kept us in good health. In the past, our high-fat and high-carbohydrate diet was needed to keep up with our very active lives.

Food sources were diverse, coming from hunting, gathering, farming and fishing, in order to ensure food lasted throughout the seasons and throughout droughts or floods. Food was thought of in very practical terms. In the harsh winters, Métis turned to their canning preserves and on long trips, pemmican and bannock were useful foods: quick to eat and high in energy. Food was also a communal affair, where Métis families with leftover food would often share with others.

Today, nutritionists recommend we include fresh and locally-grown foods and whole foods in our diet as often as we can. Within an active and healthy lifestyle, increasing the consumption of traditional foods will contribute to our holistic health, nurturing not only our bodies, but our spirits. Throughout this book you will find health tips which will address a variety of topics from healthy living ideas, nutritional information, to suggestions on how to modify a traditionally rich recipe into a healthier alternative. We have also included information from *Canada's Food Guide* and a simple nutritional chart. For further information on healthy living:

- Contact your health care professional
- *Canadian Healthy Living Strategy*, an initiative of federal, provincial and territorial governments. <http://www.phac-aspc.gc.ca/hl-vs-strat/index.html>
- *Healthy Living* by Health Canada. [http://www.hc-sc.gc.ca/hl-vs/index\\_e.html](http://www.hc-sc.gc.ca/hl-vs/index_e.html)
- *The Canada Food Guide* by Health Canada. [http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html).

It is with thanks that the Métis Centre at NAHO gratefully acknowledges the kind contributions from the many members of the Métis community across Canada who generously contributed the recipes you find here. We have taken great care to preserve the voices of each contributor and we thankfully acknowledge the sharing spirit of Métis in allowing us to publish these treasured family recipes and stories. We made few attempts to standardize measurements or formats throughout the recipes to preserve the voice of the contributors. It has been our pleasure to compile these recipes; we hope that the information in this book will inspire healthy lifestyle choices.



## Wild Game

### La Viyaant Faroosh

*Drying moose meat in preparation  
for pemmican, Ile-a-la-Crosse*

*Saskatchewan Archives Board, R-A1011-1*

## Wild Game Then & Now

Traditionally, the Métis diet consisted of products from hunting, gathering and farming. Wild game, such as bison, moose, deer, bear, rabbit, ducks, goose, grouse and whitefish, was common fare, and extra meat was always shared within the community.

Including wild game in our regular diets can be beneficial to our health since wild game is leaner than store-bought meat and fish, and often does not contain additives like salt. Consuming different parts of the animal, bird or fish provides the body with a variety of essential vitamins, minerals and nutrients.

Generally, wild game consumption is safe and recommended. Occasionally, governments do advise limiting wild game when there is a concern of contamination. These advisories are most often for pregnant and breastfeeding women and very young children. The *Canada Food Guide* recommends checking with local advisories to be sure.

## Baked Rabbit

Li Liyev e'kiishishut dañ li Furnoo

*Courtesy of Shirley (Logan) Morrish, Ontario*

**Ingredients:** Rabbit  
Egg  
Flour  
Bread crumbs  
Bacon drippings  
Salt and pepper

**Instructions:**

- Cut rabbit in pieces and place in pan of hot water to simmer about 20 minutes.
- Remove, drain and sprinkle meat with salt and pepper.
- Dip in beaten egg, flour and bread crumbs.
- Place pieces on a well-greased pan and bake 30 minutes in a hot oven.
- Baste with bacon drippings.
- Arrange on a platter and pour thickened gravy made in the pan that the rabbit was baked in.

## BBQ Caribou or Moose

### Kariboo kemaa Nariyaanl BBQ

*Courtesy of the Labrador Métis Nations*

*Learning for Life ~ Preventing Diabetes Project*

**Ingredients:** 1 medium (2 lb) caribou  
or moose roast  
4 medium diced carrots  
1 tin (10 oz) mushrooms

**Sauce Ingredients:** 1 tbsp. vinegar  
4 tbsp. brown sugar  
or sugar substitute  
1 tbsp. barbeque sauce (calorie-wise or light)  
1 tbsp. H.P. sauce  
1 can (10 oz) tomato soup  
1 can water

- Instructions:**
- Cut meat in small chunks, bake for one hour.
  - Remove from oven.
  - Add diced carrots and the can of mushrooms
  - Mix the sauce ingredients all together and pour over meat.
  - Bake for 45 minutes.

**Makes 6 servings**

*“Mother would have different relatives bringing her meats throughout the fall and winter. Caribou, rabbit, partridge (ptarmigan). These were all common meals at our house for many years. Mom would sit at the table and have her garbage bag ready to collect the feathers from the partridge, or the fur from the rabbit and then proceed to clean the animal, then it was probably going to be our Sunday dinner the next day!”*

*Salmon and trout were the best to eat. In Paradise River years ago, the salmon collectors would be overloading with fish they were so plentiful! In the summer the smokehouses were going all the time smoking the fish, what a beautiful smell. Mom's brother Uncle Clarence Brown had a smokehouse at the end of his wharf in Paradise and I used to just sit on the edge of the wharf just enjoying the smell, and watching him work.”*

— Julie Reed, Labrador

*“My grandmother, she’d used to take me out in the bush; she’d dig up roots and she’d feed me those roots. I didn’t know what they were. One of them would look like a carrot, a long white thing, oskatas. I didn’t know what it was for, but she fed it to me. We’d tap the birch trees, and other trees, poplar, emestasoyin, is what you’d say. You’d take the bark off and eat that sap. We did all those kind of things. Also oskana, those bones off moose, or deer, you break them and eat that marrow, that’s called epastasoyin, that’s what that’s called. We used to do that, that was so nice, the consistency of it was so soft and it was rich, it just kind of melts in your mouth... That’s my growing up years as I remember.”*

— Tom McCallum

## Moose or Deer Marinade

Marinad pur Nariyaanl obaeñ doñ Shivreu

Courtesy of Elmer Ross, Ontario

**Ingredients:**

- 1 cup sherry
- 2 tbsp. wine vinegar
- ½ cup Worcestershire sauce
- 2 tbsp. soy sauce
- 1 clove garlic, crushed
- 1 tsp. Montreal steak spice powder
- ½ cup apple juice

Substitutions for sherry: orange juice or pineapple juice

**Instructions:**

- Place steaks in a container and pour marinade over top, enough to cover meat. Add a little water if necessary.
- Refrigerate overnight.
- Take it out of refrigerator approximately two hours before the meat is ready to barbeque.



## Sweet and Sour Moose Ribs

Sukrii pi Seur Nariyaanl Plakootii

*Courtesy of Margaret Supernault, Alberta*

### Ingredients:

4 lbs moose ribs or  
brisket pieces  
4 cups water  
1 cup vinegar  
1 cup brown sugar  
1 can tomato soup  
4 tbsp. soy sauce  
Salt and pepper

Rice as a side dish  
(cook separately)

### Instructions:

- Cook the moose meat or brisket pieces for at least an hour in the 4 cups of water. Then let simmer for half an hour, adding vinegar, brown sugar, tomato soup, salt and pepper to taste.
- Add the soy sauce. Thicken with corn starch.
- Serve hot, with rice. The dish is served hot because the fat moose ribs tend to “freeze” in your mouth.

*“This is not an original Métis dish, but it is taken from the best of the two worlds: Indigenous and Chinese.”*

— Margaret Supernault

## Moose Rouladen

### Rouladeñ di Nariyaanl

*Courtesy of Thomas A. Logan, Ontario*

**Ingredients:** Moose round steak  
 Prepared mustard (for example, Dijon)  
 Bacon strips  
 Minced onion  
 Dill pickles (sliced lengthwise into quarter strips)  
 Salt and pepper  
 Beef broth / water or beef consommé  
 Oil

**Instructions:**

- Cut moose steak round and thin, and pound into flat portions about 3 x 6 inches (the quantity depends on the number of people to be served).
- On each 3 x 6 piece of steak spread a coating of prepared mustard.
- Lay on a strip of bacon, and sprinkle with onion.
- Roll around the quartered dill pickle.
- Secure the rouladen with a toothpick.
- Brown the rouladen in a small amount of oil.
- Add the liquid and simmer 1 to 1½ hour depending on thickness of steak and tenderness.
- The rouladen can also be placed in a small roasting pan and simmer in the oven or after browning the rouladen, I have placed them into the slow cooker for a few hours.
- There should be enough gravy accumulated to spoon over mashed potatoes, rice or noodles, which can be served with the rouladen. The gravy may need to be thickened before serving.

## Dutch Oven Bear Steak

Aeñ Griyaad di Noor deñ Marmit

*Courtesy of Elmer Ross, Ontario*

**Ingredients:** Bear steaks, approximately  $\frac{3}{4}$  to 1 inch thick  
Marinate overnight in soy sauce, onion and garlic

1 to 2 cans tomato soup

1 can of water

1 tsp. lemon juice

$\frac{1}{2}$  tsp. cinnamon

1 tbsp. wine vinegar

- Instructions:**
- Wipe steak dry, then put olive oil in Dutch oven and brown both sides.
  - Add salt and pepper,  $\frac{1}{2}$  tsp. cinnamon and add marinade and simmer until nice and tender.

*“Always trim off all the fat and membrane from deer and moose meat. This is where you get the wild or strong taste.*

*Always cut out the tenderloin of a deer or moose before you hang the carcass to age. Otherwise they will turn black and hard. They are so tender they do not have to be aged. They fry up very nicely in butter.”*

— Thomas A. Logan

## Venison Supreme

Li Shivreu Pleu Boñ

*Courtesy of Thomas A. Logan, Ontario*

**Ingredients:** Steaks  
Butter  
Cayenne pepper  
Currant jelly

**Instructions:**

- Cube steaks, remove bone, fat and membranes.
- Cook in butter until pink inside.
- Sprinkle with cayenne pepper.
- Add currant jelly to taste.  
Cover and simmer for 5 minutes.

## Roast Grouse

Li Padrii Rojii

*Courtesy of Elmer Ross, Ontario*

- Ingredients:**
- 1 grouse, clean and prepared for roasting
  - 2 tbsp. finely grated carrot
  - Salt and pepper to taste
  - 2 tbsp. butter
  - 2 slices bacon or salt pork
  - 1 tsp. French dressing

*“Can also make a wine sauce with a little chicken bouillon, chopped onions and wine.”*

— Elmer Ross

- Instructions:**
- Salt and pepper inside and out the grouse.
  - Put grated carrot inside grouse with teaspoon of butter or margarine.
  - Close up cavity and rub bird with French dressing and lay bacon strips on top.
  - Roast at 350°F for one hour till tender. Brush bird with butter.
  - Make gravy from the left over juices.

## How to Clean a Partridge

Taanish chi ishi Pekiiyiht aeñ Padrii

*Courtesy of Thomas A. Logan, Ontario*

- Instructions:**
- First stand on its wings and slowly pull up on the legs.  
Do this when the bird is hot [has just been killed] and it will pull apart easily.
  - Skin the wings back to the first joint and cut the tendons there so there are no sharp bones.
  - Also keep the back and legs for partridge soup.

## Controlling Cholesterol

Blood cholesterol comes from two sources: one our body makes and the other is from our diet. Dietary cholesterol comes only from food from animals, such as meat, chicken, eggs, milk and cheese. Dietary cholesterol can raise our blood cholesterol but not as much as high fat foods, particularly those high in saturated and trans fats.

Remember to choose healthy fats like mono-unsaturated fats (olive, canola and peanut oil, and avocados) and poly-unsaturated fats (safflower, sunflower and corn oils, and fish like mackerel, herring, trout, salmon and cod).

When buying margarine we should look for soft, non-hydrogenated margarines that are labeled low in saturated fat (two grams or less). Margarines that are non-hydrogenated do not contain trans fat.

## Wild Goose and/or Duck Breasts in Gravy

Li Zway Faroosh pi/kemaa lii Kanaar Saeñ dañ gravii

*Courtesy of Rita Flamand, Manitoba*

**Ingredients:** Breasts of 2 or 3 ducks and/or geese  
 Flour and dry bread crumbs (enough to dredge the meat)  
 Oil  
 1 onion, chopped  
 Salt  
 Pepper  
 Thyme

**Instructions:**

- Slice the breasts in thick slices, dredge in flour and bread crumbs, brown quickly in hot oil and place in casserole dish.
- In the oil that's left, add onion, salt, pepper and thyme.
- Add two tablespoons flour and brown.
- Add enough water to make a soft sauce to cover meat.
- Pour meat, cover and cook in slow oven for two hours.

## Tourtière

### Torchiyer

*Courtesy of Rita Flamand, Manitoba*

**Ingredients:**

- 1 onion, chopped
- 1 lb. minced deer or moose meat
- 2 cloves garlic, minced
- ½ tsp. savory
- ½ tsp. sage
- ¼ tsp. cloves
- ½ cup water
- ½ cup cooked mashed potatoes
- Pastry [a pie crust can be made or purchased at the store]

**Instructions:**

- Place all ingredients except pastry in saucepan. Put on simmer and stir frequently, uncovered for about 20 minutes.
- Allow to cool.
- Pour mixture into pastry lined pie pan.
- Cover with pastry.
- Bake at 425°F for 30 to 45 minutes until top is well-browned.

## Pemmican

*“The first stage [to reach the pemmican stage] is wiyas, the meat itself. Kahkiwak, then ewohikanak, and the fourth stage is pimmihkkan. Pemmican is what white people say, we say pimmihkkan, because we add pimi to it, moose grease or bear grease. Then we add berries to it, to flavour it, in a different way. Takwohiminana, is what we used to add to it, choke cherries, takwahamin means you crush them. That’s what you add and that keeps the consistency. Then they turn it into a brick that holds about 15 pounds of meat and it will keep forever. Whenever you are going somewhere, you just take a little chunk out; shave it, eat it, and that’s it, you’re gone. You’re eating and walking at the same time.”*

— Tom McCallum

## Wild Game Nutrition

Traditional foods are low in bad fats and simple carbohydrates, high in good fats, high in lean quality protein, high in fibre and complex carbohydrates, and contain zero or little refined and processed foods. While it is simply not realistic for most people to return to a completely traditional diet and way of life, it is possible to make many simple changes, such as eating more lean meat, wild meat and fish, and using bison instead of beef. Ounce for ounce bison has half the calories, 75% less total fat, about 75% less saturated fat and 25% less cholesterol than lean beef. The nutritional content of various wild game meats is included below.

Food	Amount	Calories	Protein	Fat	Saturated Fat
<b>Bear, cooked, simmered</b>	113g	293	36.6g	15g	4g
<b>Bear, cooked, simmered</b>	113g	240	39g	7.8g	2.3g
<b>Bison, ground raw</b>	113g	252	21g	18g	7.6g
<b>Bison, lean, chuck roast</b>	113g	134	24g	3.5g	1.5g
<b>Bison, lean, 1" rib eye steak</b>	113g	200	33g	6.4g	2.7g
<b>Caribou, bone marrow, raw</b>	30g	236	2g	25g	n/a
<b>Caribou, cooked, roast</b>	113g	189	33.6g	4.9g	1.9g
<b>Caribou, tongue</b>	113g	292	15g	25g	n/a
<b>Deer, ground, raw</b>	113g	177	25g	8.6g	3.7g
<b>Deer, shoulder, roast, cooked</b>	113g	216	41g	4.4g	2.2g
<b>Duck, wild, breast meat</b>	113g	139	22g	4.8g	1.4g
<b>Duck, wild, meat and skin</b>	113g	238	19.6g	17.8g	5.7g
<b>Elk, cooked, roasted</b>	113g	165	34g	2.1g	0.8g
<b>Moose, cooked, roasted</b>	113g	151	33g	1.1g	0.3g
<b>Moose, liver, braised</b>	113g	155	24g	4.9g	n/a
<b>Muskrat, cooked, roasted</b>	113g	264	34g	13.2g	7.9g
<b>Rabbit, wild, cooked, stewed</b>	113g	195	37g	3.9g	1.18g
<b>Salmon, sockeye, raw</b>	113g	190	24g	9.6g	1.6g
<b>Squirrel, ground meat</b>	113g	125	21g	4.3g	n/a
<b>Trout, rainbow, farmed, raw</b>	113g	156	23g	6.1g	1.7g
<b>Trout, rainbow, wild, raw</b>	113g	134	23g	3.9g	0.8g
<b>Whitefish, raw</b>	113g	151	21.5g	6.6g	1g



## Meat and Fish

### La Viyaant Pi Li Pwasooñ

*Cleaning fish for crating,  
Turtle Lake*

*Saskatchewan Archives Board, R-A11786*

## Good and Bad Fats

It is important to understand which fats are better for our health in order to make healthier choices. Try avoiding saturated fats and trans fats.

Saturated fats cause our “bad” cholesterol to increase, which can lead to heart disease. Foods with a high proportion of saturated fats include butter, animal fats, cheese and other dairy products. Choose leaner meats and reduced-fat dairy products to cut down on saturated fats.

Trans fats increase our risk of developing heart disease by increasing our “bad” cholesterol and decreasing our “good” cholesterol. Read food labels. The “Nutrition Facts” panel will tell you if there is any trans fat. Also, look for “partially hydrogenated oil” in the ingredients list. Foods that may contain trans fat include crackers, cookies, donuts, cakes, pastries, muffins, snack foods, french fries and breaded foods.

Try eating more vegetables, fruit, fish, shell-fish, whole-grain breads and cereals, peas, beans, lentils and nuts, which are all low in saturated and trans fats.

## A Meal in Foil

### Aeñ Ripa Deñ Papyii’d taeñ

*Courtesy of Ramona Guiboche, Manitoba*

#### Ingredients:

1 thick patty lean ground beef or bison  
 1 medium potato  
 1 small carrot  
 ½ sliced red onion  
 Generous pat of butter and/or extra virgin olive oil  
 Salt and pepper to taste (rosemary, basil or ‘Mrs. Dash’ are optional)  
 1 piece of foil paper

#### Instructions:

- Take one piece of foil, approximately 20 inches long.
- Centre one thick patty of lean ground beef or bison on the foil.
- Top with a sliced potato, red onion, a thinly sliced carrot, one generous pat of butter (or extra virgin olive oil) and with salt and pepper to taste.
- Fold up foil (double fold end edges to wrap tightly).
- Cook in 400°F oven for 50 minutes.

## Cheese Stuffed Trout

Li Trout kaa shiipahwit avik li Frimaazh

*Courtesy of the Labrador Métis Nation*

*Learning for Life — Preventing Diabetes Project*

**Ingredients:** 2 lbs. whole trout, cleaned  
½ cup fresh mushrooms, sliced  
½ cup green onion, chopped  
½ cup green pepper, chopped  
2 tbsp. grated parmesan cheese  
Salt and pepper to taste

**Instructions:**

- In a small bowl, combine mushrooms, green onion, green pepper and parmesan cheese.
- Spoon into cavity of fish, seasoning with salt and pepper.
- Securely close cavity with toothpicks or skewer to keep stuffing inside.
- Place on lightly greased broiler pan.
- Broil 4–5” from heat, about 5 to 10 minutes on each side, or until fish flakes easy.

**Makes 6 servings**

## Orange Codfish

Oraañzh Pwasooñ di Mer

*Courtesy of the Labrador Métis Nation  
Learning for Life — Preventing Diabetes Project*

- Ingredients:**
- 2 egg whites
  - 3 tbsp. frozen concentrated unsweetened orange juice (thawed)
  - 2 tbsp. light soya sauce
  - ½ cup bread crumbs
  - 1 tsp. parsley flakes
  - ½ tsp. seasoned salt
  - ½ tsp. pepper
  - 1 lb. cod fillets
  - 1 tbsp. canola oil
  - 1 tsp. lemon juice

- Instructions:**
- Beat egg whites, orange juice, and soya sauce with a fork in a shallow bowl. Set aside.
  - Combine next four ingredients on sheet of waxed paper. Dip cod fillets into egg mixture. Coat completely in the crumb mixture.
  - Lay in single layers in greased shallow baking dish.
  - Whisk Canola oil and lemon juice together in small dish. Drizzle over fish fillets. Bake in the oven at 475°F (240°C), for 15 to 20 minutes until fish flakes easily.

**Makes 4 servings**

## Sigrid's Spareribs

### Lii Spaerib di Sigrid

*Courtesy of Heather Andersen, Nora Zilkie, Sigrid Schaus and Dixie Palmer  
(The Four Métis Andersen Sisters), British Columbia*

**Ingredients:** 3 lbs of back ribs, salt and pepper  
¾ cup chopped onion,  
3 peeled apples, cored and sliced  
3 tbsp. brown sugar  
1½ cups red wine  
½ cup chili sauce

- Instructions:**
- Sprinkle ribs with salt and pepper. Place in a large roaster, cover with onions. Place apple slices around edge of pan.
  - Sprinkle ribs with sugar then pour over the wine and chili sauced (mixed). Bake covered at 450°F for one hour. Uncover. Lower heat to 250°F for another 30 minutes. Add more sauce if ribs look dry.

**Substitutions for red wine: non-alcoholic red wine, beef or chicken broth, diluted red wine vinegar or tomato juice.**



## Tourtières

Lii Torchiyer

*Courtesy of Shirley (Logan) Morrish, Ontario*

### Ingredients:

Pastry for 2 pies  
 1 lb. ground pork  
 1 lb. ground beef  
 1 minced onion  
 1 cup water  
 1 cup mashed potatoes  
 ½ tsp. thyme  
 ¼ tsp. sage  
 ¼ tsp. dry mustard  
 ⅛ tsp. cloves  
 Garlic salt – optional

### Instructions:

- Cook meat with onion and spices with water for ½ hour until water is reduced.
- Add potatoes and mix well.
- Chill.
- Place in prepared pastry lined pans.
- Cover with pastry. Brush with milk.
- Bake at 350°F for ½ hour until golden brown.

## Veal/Chicken Parmesan

### Voo/Poul Parmesan

*Courtesy of Heather Andersen, Nora Zilkie, Sigrid Schaus and Dixie Palmer,  
British Columbia*

**Ingredients:** 2 tbsp. butter  
6 oz. tomato paste  
2 tbsp. olive oil  
1½ cup water  
1 small onion  
Salt and pepper  
1 clove garlic  
½ tsp. basil  
flour  
beaten egg  
bread crumbs mixed with parmesan cheese  
Veal or chicken (If chicken breasts are thick,  
pound them down so they cook better.)

**Ingredients:**

- Dip chicken in flour, egg, then bread crumbs.
- Fry in hot oil.
- Sauté onion & garlic. Stir in paste, water, salt, pepper & basil.
- Simmer 15 minutes.
- Place chicken in dish. Cover with sauce. Top with mozzarella cheese.
- Bake 350°F for 10–15 minutes (may have to bake it longer depending on thickness of chicken).

*“This was a veal parmesan recipe which I started to use chicken when I couldn’t get nice thin veal.”*

— Heather Andersen

## Chicken: The Lower Fat Choice

Chicken is an excellent source of protein, vitamins and minerals. Chicken is also lower in both total and saturated fat than red meats such as beef, pork, veal and lamb; however, the fat and calorie content of chicken increases significantly when we eat the skin.

For a healthier meal, remove the skin before eating chicken, or cook the chicken with the skin for additional flavor and remove it before serving.

Another way to cut down on fat and calories is by choosing healthier cooking methods when preparing chicken or other meats and fish. Limit or avoid frying and instead try baking, broiling, grilling, barbecuing or boiling.

## Vegetables and Meat Ball Supper

Li Supii di Boulet pi Zhaardinaazh

*Courtesy of Heather Andersen, Nora Zilkie, Sigrid Schaus and Dixie Palmer, British Columbia*

### Ingredients:

12 cups mixed vegetable pieces, such as:

- Thick potato slices
- Onion wedges
- Turnip sticks
- Thick carrot slices
- Thick parsnip slices

8 large cloves garlic halved

1 tbsp. olive oil

1½ tsp. dried rosemary

1 red pepper cut into thick wedges

Cooked meatballs [your own recipe or storebought]

*“I use red potatoes and leave the skin on for fibre and colour.”*

— Heather Andersen

### Instructions:

- In large non-stick roasting pan toss vegetables and garlic with oil, rosemary, 1 tsp salt, ½ tsp pepper. Spread out into single layer.
- Roast in 375°F oven 35–40 minutes or until almost tender. Stir in red pepper and meatballs.
- Continue roasting about 20 minutes or until vegetables are tender.



## Stews and Soups

Lii Sup Pi Lii  
Rababoo

*View of Harvesting binder  
and Métis at Rest, 1910*

*Saskatchewan Archives Board, S-B9117*

## Moose Meat Stew with Raw Packed Canned Meat

Li Rababoo di Naryiaanl avik la viyant kreu kaa mooshkinataak

*Courtesy of Tina Letendre, British Columbia*

- Ingredients:**
- 2 large potatoes
  - 3 large carrots
  - 1 small onion
  - 1 cup turnip, cubed
  - 2 stalks celery
  - ¼ cup beef stock cubes, like Beef Oxo
  - 1 litre jar of canned moose meat [see page 31]
  - ¼ cup flour (approximately)
  - ½ cup water (approximately)

*“It is ready to eat with fried bannock or regular bannock.”*

— Tina Letendre

- Instructions:**
- Cut up potatoes and carrots and place in a large pot. Add enough water to just cover and bring to a boil. Lower heat and boil for 5 minutes.
  - Cut up onion, turnip and celery, add to the pot, and boil until the potatoes are cooked.
  - Add Beef Oxo and canned moose meat.
  - Whisk flour and water together until smooth.
  - Add to stew and allow to thicken for 5 minutes.

## Raw Packed Canned Moose Meat

Kaa li kaniik la viyant di nariyaanl Kreu

Courtesy of Tina Letendre, British Columbia

**Ingredients:** Moose meat  
1 tsp. canning salt  
1 clove garlic (optional)

*“It is best to use muscle from the moose, this way you utilize all of the meat.”*

— Tina Letendre

- Instructions:**
- Cube moose meat into ¼ inch cubes
  - Wash 1 litre canning jars in hot soapy water, rinse with hot water
  - Put raw moose meat into jars 1 inch from the rim, pack down
  - Add 1 tsp. canning salt
  - Optional: Add 1 clove garlic
  - Pour hot water into jar to cover meat
  - Wipe jar rim with damp paper towel
  - Put pre-boiled seals and lids on jars
  - Pressure cook jars at 10 pounds of pressure for 1½ hours

## Cutting Back on Salt

Although we need some salt from our diet, most of us consume two to three times what we need. Sodium in salt is associated with a higher risk of high blood pressure which can lead to heart disease, stroke, and kidney disease. Adding salt to home-cooked foods represents only about 10% of the average person's daily sodium intake; most of the sodium in our diets comes from pre-packaged, ready-to-eat, and restaurant foods.

Tips for reducing sodium:

- Eat less prepared and processed foods such as fast food, prepared meals, processed meats like hot dogs and lunchmeats, canned soups, bottled dressings, packaged sauces, condiments such as ketchup and pickles, and salty snacks.
- Check labels for claims such as “salt-free”, “low in sodium”, or “reduced in sodium”.
- Eat more fresh vegetables and fruit.
- Rinse canned vegetables before cooking.
- Add less salt when cooking or baking.
- Try seasoning foods with garlic, lemon juice, and herbs instead of salt.

## Chicken Corn Soup

*La Sup di Poul Blidaend*

*Courtesy of Heather Andersen, Nora Zilkie, Sigrid Schaus and Dixie Palmer, British Columbia*

3 tbs. vegetable oil  
 2 medium onions, sliced  
 4 celery stalks, sliced  
 6 cups chicken stock  
 Ten black peppercorns  
 3 pounds or so roasted chicken, remove skin and bones chop into large pieces.  
 4 ounces egg noodles  
 14 oz. can sweet corn  
 1 tsp. fresh or dried sage  
 1 tsp. fresh or dried savory  
 Pinch of saffron  
 Salt and pepper to taste

### Instructions:

- Heat the oil in a saucepan. Add the onions and fry until they are soft. Stir in the celery and fry for 5 minutes. Pour over the stock and add the peppercorns. Bring to a boil, reduce the heat to low and simmer for 20 minutes or so.
- Stir in all the remaining ingredients and bring the mixture to a boil. Simmer for 15 or 20 minutes — until the noodles are tender.
- Add more salt if necessary.

**4 to 6 servings**



## Hamburger Soup

### La Sup di Burger

*Courtesy of Senator Earl Scofield, Ontario*

#### Ingredients:

1 tbsp. butter  
 1 lb. ground beef  
 3 small onions, chopped  
 1 – 16 oz can diced tomatoes  
 Salt & pepper to taste  
 6 cups water  
 3 large carrots, sliced  
 3 celery stalks, diced  
 3 medium potatoes, diced  
 1/3 cup macaroni

#### Instructions:

- Melt butter in a saucepan, adding ground beef and cooking slightly.
- Add onions, tomatoes, salt, pepper and water. Bring to a boil, cover and simmer for 1 hour.
- Add vegetables and simmer for another hour.
- Stir in the macaroni during the last 15 minutes.

## Staying Strong with Calcium

Calcium is necessary for the growth, development and maintenance of strong and healthy bones. Daily requirements of calcium can be met through a variety of foods such as milk and dairy products, leafy vegetables, wild plants, rhubarb, fish with bones, shellfish, nuts and beans, as well as calcium-fortified foods such as fortified soy beverages or fortified orange juice.

Whether we get our calcium from milk, cheese, fortified orange juice, beans, dandelion greens or a combination of foods, our bones will thank us!

## Hearty Potato, Vegetable and Chicken Soup

*Li boñ Sup di pataak, zhaardinaazh pi poulet*

*Courtesy of Heather Andersen, Nora Zilkie, Sigrid Schaus and Dixie Palmer, British Columbia*

- Ingredients:**
- 6 cups chicken broth
  - 3 potatoes, cubed
  - 2 carrots, sliced
  - 2 stalks celery, sliced
  - 2 cups broccoli, cut into small florets
  - 2 to 3 cups cooked chicken or turkey, cut into pieces
  - ¼ cup butter
  - 2 cups milk
  - ¼ cup flour
  - Salt and pepper to taste

- Instructions:**
- In a large pot combine broth and potatoes. Cover and simmer for 10 minutes.
  - Add carrots and celery, cooking for 5 minutes. Add broccoli florets and simmer until all the vegetables are tender yet crisp, about 5 minutes.
  - Add chicken or turkey.
  - In medium saucepan, melt the butter and stir in flour. Gradually add milk, stirring constantly. Add 1 cup of broth from the soup. Cook on low heat until slightly thickened. Blend into rest of broth.
  - Heat to serving temperature, but do not boil. Season with salt and pepper if desired.

## Lentil Soup

### La Sup Lentel

*Courtesy of Tricia E. Logan, Manitoba*

**Ingredients:** 6 cups water  
1 cup chopped onion  
1 1/3 cup red lentils  
1 cup chopped celery  
Salt and pepper  
2 tbsp vegetable soup mix  
2 tsp parsley  
1 bay leaf, broken  
1/4 tsp dried thyme

**Instructions:**

- Combine first six ingredients in large pot.
- Add herbs and seasoning.
- Heat, stirring often until soup comes to a boil.
- Cover and simmer about 30 minutes until vegetables are tender.

## Monastery Soup

### La Sup di Monastery

*Courtesy of Heather Andersen, Nora Zilkie, Sigrid Schaus and Dixie Palmer, British Columbia*

- Instructions:**
- In a large pot, sauté 3–5 minutes:
    - ¼ cup olive oil
    - 2 large carrots — chopped fine
    - 1 large onion chopped
  - Add and sauté 1 minute more:
    - ½ tsp. each dried thyme & marjoram
    - Add 3 cups stock or seasoned water.
    - 1 cup lentils — washed
    - Salt to taste
    - ¼ cup parsley fresh or dried
    - 1 lb. canned tomatoes
  - Cook in covered pot about 45 minutes
  - Add ¼ cup sherry
  - Have ready ⅔ cup Swiss cheese.
  - To serve place 2 tbsp. of grated cheese in each serving bowl and top with soup.

**Substitutions for sherry: orange juice or pineapple juice.**

## My Famous Stew

### Moñ rababoo kaa miyeyichikaatek

*Courtesy of Alma Desjarlais, Alberta*

<b>Ingredients:</b>	3 lb. meat (moose or beef)	2 potatoes
	1 lb. carrots	Celery
	1 onion	1 x 32 oz. can of diced tomatoes
	½ of a turnip	1 can of peas

- Instructions:**
- Cut up the meat, put in the flour and onions and then brown them together.
  - Add potatoes and cook the mixture together for about 10 minutes.
  - Wash and cut all the vegetables, adding them to the prepared meat mixture.
  - Cook everything together in the oven for 2 hours at 350°F.

*“Sometimes, I make dumplings with it...I call it my famous stew, that’s what my kids called it. I made it up myself. The dumplings, I had helped my mother with a long time ago.” — Alma Desjarlais*

## Old Time Dumplings

### S’kom Kayaash lii Dumpling

*Courtesy of Alma Desjarlais, Alberta*

<b>Ingredients:</b>	3 tbsp. shortening	3½ cups flour
	2 tbsp. baking powder	1 tbsp. salt
	1½ tbsp. sugar	2 cups milk

- Instructions:**
- Use large pot to avoid crowding.
  - Cut shortening into dry ingredients.
  - Add milk and stir until blended.
  - Drop the mixture by spoonful into broth or gravy.
  - Cover and cook for 14 minutes, turning the dumplings.

## Moose Stew with Winter Vegetables

*Li rababoo di nariyaanl avik lii zhaardinaazh d'Iver*

*Courtesy of Thomas A. Logan, Ontario*

<b>Ingredients:</b>	2½ lb. lean boneless moose	1 tsp. crushed marjoram
	1 tbsp. oil	4 cups lightly salted beef stock or water
	3 tbsp. butter	8 small potatoes
	¾ cup chopped onion	8 small onions
	¼ cup flour	8 medium carrots
	1 tsp. salt	3 medium parsnips
	½ tsp. pepper	3 canned tomatoes plus ½ cup liquid
	1 bay leaf	1 cup frozen peas
	1 tsp. crushed thyme	½ cup chopped parsley

- Instructions:**
- Cut moose into 1½ inch pieces and pat dry with a paper towel.
  - In a heavy saucepan, heat oil and butter, browning the meat one layer at a time. (For a rich tasty stew, it is important to brown meat well at this stage.)
  - When all meat is browned, set aside.
  - Melt more butter in saucepan if necessary and sauté onion until tender and golden.
  - Stir in flour, cooking over medium heat until flour is golden.
  - Return meat to saucepan and add seasonings and stock. Using wooden spoon, scrape up all browned bits from bottom of pan.
  - Simmer, partially covered, until the moose meat is tender, about 1½ hours.
  - Either cool and refrigerate overnight to allow flavors to mellow, or proceed with vegetables.
  - Peel potatoes, onions carrots, turnip and parsnips. Leave potatoes whole; cut a shallow “x” in root end of each onion. Cut carrots, turnips and parsnips into finger-sized sticks. Chop tomatoes coarsely.
  - Add vegetables to stew and cook, covered, at moderate heat. Simmer until all ingredients are tender, about 30 to 40 minutes. Add peas and simmer 5 more minutes.
  - Taste and add more seasoning or liquid if necessary.
  - Sprinkle with parsley and serve.

**Makes 8 servings.**

## Rabbit Stew

### Li Rababoo di Liyev

*Courtesy of the Labrador Métis Nation, Learning for Life — Preventing Diabetes Project*

<b>Ingredients:</b>	1 rabbit	1 small turnip	Oil for frying
	1 onion, chopped	4 medium potatoes	Water for simmering
	4 carrots		

- Instructions:**
- Cut rabbit into serving-sized pieces, placing in pot with a small amount of oil.
  - Add onion, frying until brown.
  - Add water, carrots, and turnip, simmering for 30 minutes.
  - Add potatoes and cook for another 20 minutes.
  - Add salt and pepper to taste.

**Makes 4 servings.**

## Rabbit Stew

### Li Rababoo di Liyev

*Courtesy of Thomas A. Logan, Ontario*

<b>Ingredients:</b>	¼ cup olive oil	1 tsp. dried rosemary leaves	1 med. Carrots, sliced
	1 medium onion, chopped	1 wild rabbit, cut up	1 tsp. dried oregano leaves
	1 can (16 oz.) stewed tomatoes	2 shallots, finely chopped	½ tsp. salt
	1½ cups sliced fresh mushrooms	½ cup red wine	¼ tsp. pepper
	2 tbsp. fresh, snipped parsley		

- Instructions:**
- In a Dutch oven, heat oil over medium-high heat.
  - Add rabbit pieces, browning on all sides.
  - Remove rabbit pieces with a slotted spoon and set aside.
  - Add onion and shallots to oil, cooking and stirring over medium heat until tender.
  - Add browned rabbit pieces and remaining ingredients. Mix well. Cover.
  - Cook over medium heat until rabbit is tender for 50 minutes to 1 hour, turning rabbit pieces occasionally.

**Makes 2–3 servings.**



## Winter Venison Stew

Li Rababoo di Shivreu d'Iver

*Courtesy of Bonnie Turriff, Ontario*

### Ingredients:

- 2 lbs stew meat
- 1 can tomatoes
- 1 jar salsa
- 1 bag frozen vegetables
- 1 diced onion or
- 1 packet onion soup mix

### Instructions:

- Put meat in bottom of crock pot, pour frozen vegetables on top of meat, pour can of tomatoes on top and then jar of salsa.
- Cook on low for 6–7 hours.



## Vegetables, Legumes, Rice and Pasta

Lii Zhaardinaazh,  
Legum, Li Rii,  
Pi Pate

*Harvesting Wild Rice,  
circa 1955*

*Saskatchewan Archives Board, R-B2941*

*“I was taught [about life] in the Spring [out on the land]. That’s when you watch, when you see beauty, the beautiful signs of what nature has to offer, like the grass growing. The best part of it was you would get out early in the morning and you’d hear the birds chirping and singing. That was a language of its own. I learned harmony, how to appreciate that, because it meant so much. It made you feel good. You’re alive and the environment around you is alive. I was told if you watch; the grass is going to grow. They would teach you about gardening. You would have to nourish the garden by getting water for your plants. The beauty of nature has so much to offer.”*

— George Fleury

## Fresh Summer Macaroni Salad

### Itii Fray Makroonii Salaad

Courtesy of Tricia E. Logan, Manitoba

**Ingredients:**

- 2/3 cups low fat sour cream
- 1/3 cup light mayonnaise
- 2 tbsp fresh parsley
- 2 tbsp pickle relish
- 2 tbsp spicy mustard
- 4 cups cooked whole wheat macaroni
- 2/3 cup chopped green onions
- 1 cup frozen peas
- 2/3 cup diced light marble cheese
- 1/2 cup diced carrot
- 1/2 cup green pepper
- 1/2 cup diced celery
- 1/2 cup diced lean ham

**Instructions:**

- Combine the first 5 ingredients in a large bowl.
- Add macaroni and remaining ingredients.
- Coat with dressing.
- Keep chilled before serving.

## Mushroom and Spinach Salad

Li Shaampiyooñ pi Spinach Salaad

Courtesy of Tricia E. Logan, Manitoba

**Ingredients:**

- 4 slices of bacon
- 2 boiled eggs, hard-boiled and sliced
- 2 tsp. white sugar
- 2 tbsp cider vinegar
- 2 tbsp canola oil
- 1½ tbsp Worcestershire sauce
- 1 large bowl, cleaned spinach
- ¼ lb. fresh mushrooms, sliced

**Instructions:**

- Cook and crumble bacon into bits.
- Mix together sugar, vinegar, oil and Worcestershire sauce. Warm dressing, if you like.
- Pour over spinach and dress with bacon, mushrooms and sliced eggs.

## Children and Juice

According to *Canada's Food Guide*, children aged two to 13 should eat four to six servings of vegetables and fruit every day.

Choose whole fruits and vegetables over juice more often. Fruit juice offers no nutritional advantage over whole fruit, and does not contain as much fibre. Juice does not contribute to regular bowel habits and health benefits associated with fibre intake from fruits and vegetables, such as lower risk of heart disease.

Encourage children to drink more water, eat more fruit and vegetables and limit fruit juice to no more than one cup (250 ml) per day.

## Water is life

Water is the most important nutrient in the human body, making up 45 to 75 per cent of our total body weight. Water carries nutrients to cells, removes waste products from our bodies, regulates body temperature, maintains blood pressure, lubricates joints, protects our organs, keeps our bodies hydrated and helps us maintain a healthy body weight.

The recommended daily water intake is 3.7L for adult men and 2.7L for adult women. This includes the total water from all sources, including the water found in food. This can vary, however, depending on an individual's diet, weight, age, surrounding environment and activity level.

*“Water is the most precious ingredient that there is, from my teachings, the ones that have been taught to me, water is life; without water there would be no life. Because we are what we call related. The earth is three-quarters water and there is a purpose for that. Most of us don’t understand why that is, because we only look at it from a scientific perspective. But what is it from a traditional perspective? What I have been told is we are also three-quarter’s water, the human body, and we have our blood veins all over to carry blood and oxygen to all parts of our bodies. Therefore we are related and are an exact replica of the earth, Mother Earth. Her blood veins are the rivers and a lot of them have been diverted, stopped and dried up. When that happens, then some part of it starts to die off. We see that, where the land is drying out, where there’s no more waterfowl, the muskrats don’t live there any more. There’s nothing there to live on; that area is slowly dying. When one part of it dies, it affects all the other parts also.” — Tom McCallum*

## Old-Time Baked Beans

S'kom kayaash lii Vev shesh deñ Furnoo

*Courtesy of Alma Desjarlais, Alberta*

**Ingredients:**

- 1 lb. or 2 cups beans
- 1 tsp. salt
- ¼ cup molasses
- 1 medium onion, chopped
- 1½ quarts [6 cups] cold water
- ⅓ cup brown sugar
- 1 tsp. dry mustard
- ½ lb. salt pork

**Instructions:**

- Wash and cook beans with salt pork for an hour. Combine all the other ingredients.
- Bake in a slow oven (300°F) for about 5 hours. Add liquid if needed while cooking.

*“This recipe was taught by my mother, the late Mary Louise Cross. This is still a hit at my house.”*

— Alma Desjarlais

## The Benefits of Beans

Beans are packed with protein and fibre, can help reduce cholesterol levels, and promote heart health.

Legumes (dried beans, split peas, chick peas and lentils) may help diabetics control their blood sugar. The soluble fibre in legumes may reduce peaks in blood sugar levels.

### Cooking Tips

- Add 3 cups of water for every 1 cup of dried beans. Soak overnight in the refrigerator.
- Cook dried beans until tender.
- Rinse canned beans with water to reduce salt.

### Digestion Tips

- Gradually introduce beans into the diet in small amounts.
- Use fresh water for cooking beans and cook thoroughly.
- Beans may be difficult for some people to digest; a pharmacist or dietitian can recommend natural enzymes to help.
- Try cooking beans with fennel seeds, fresh ginger or fresh cilantro to reduce bloating and gas.
- Drink at least 6–8 cups of water daily to help digest the fibre in beans. Regular exercise helps digestion. Aim for 30–60 minutes daily.

## Rice: Rich in Flavour, Vitamins & Tradition

Brown rice and wild rice are whole grains. Both are rich in fibre and many other key nutrients that may help reduce the risk of heart disease, diabetes and obesity.

Brown rice has a light tan color, with a nuttier flavor and chewier texture than white rice (think of whole-wheat bread vs. white bread!). Because of the outer bran coating, brown rice needs more water and a longer cooking time than white rice. It is best to follow directions on the package when preparing brown rice.

Wild rice grows primarily in North American lakes and rivers. It is a long and slender black grain with a nutty flavour. Many Indigenous Peoples in North America consider wild rice to be a sacred part of their culture. Wild rice needs to be cooked for 35–50 minutes, with a water to rice ratio of three to one (three cups of water for each cup of rice).

Brown or wild rice can substitute for white rice in any recipe. Be sure to account for the variation in cooking times and the amount of water.

## Quick–soak Method for Wild Rice

*Achiyaaw kaa akutitaak li rii'd faroosh*

*Courtesy of Thomas A. Logan, Ontario*

### Instructions:

- Wash required amount of wild rice in cold water.
- Stir rice into 3 times the amount of boiling water (1 cup rice requires 3 cups water). Parboil for 5 minutes.
- Remove from heat. Let soak in the same water (covered) for 1 hour.
- Drain. Wash. Cook as directed in recipe.

*“This recipe is preferred to the more traditional overnight soaking. The “quick-soak” method permits you to soak the rice in the afternoon and serve it piping hot at the dinner table.” — Thomas A. Logan*



## Gourmet Wild Rice Casserole

Li Rii Faroosh Kasarool Gormaa

*Courtesy of Thomas A. Logan, Ontario*

### Ingredients:

1 cup wild rice (unsoaked)  
 ¼ tsp. salt  
 3 cups boiling water  
 ½ lb. mushrooms, sliced  
 ½ cup chopped onion  
 ½ cup butter  
 1 cup grated old cheddar cheese  
 1 x 19 oz. can tomatoes  
 1 tsp. salt  
 1 cup hot water

**Makes 6 ¼ cups  
 or 6–8 servings.**

### Instructions:

- Follow the “quick-soak” method to prepare the wild rice for cooking.
- Cook rice (covered) in boiling, salted water until nearly tender, about 30 minutes.
- Drain rice if necessary.
- Sauté mushrooms and onions in butter, for about 5 minutes.
- Mix rice with all ingredients.
- Place in buttered 2-quart casserole.
- Cover and bake 1 hour at 350°F.

*“This may be prepared the day before and baked just before serving. Serve as a vegetable with pork, poultry or game.” — Thomas A. Logan*

## Vegetables: A Rainbow of Health

Vegetables and edible plants have long been part of our diet. These foods are excellent sources of vitamins C and A, which keep our skin and eyes healthy, our bones strong, and help to fight infection. In addition, vegetables and plants are excellent sources of folate, potassium, fibre and antioxidants.

Antioxidants fight harmful substances in our bodies called free radicals. Free radicals damage cells in our bodies, which can lead to heart disease, stroke and cancer. By choosing colourful fruits and vegetables, we are supplying our bodies with more nutrition and antioxidant power!

It is recommended that we eat at least one dark green vegetable such as broccoli, spinach, or dandelion, and one orange vegetable such as carrots, squash, or pumpkin, EACH DAY. Fresh, frozen or canned vegetables all have about the same nutritional value. A good rule when cooking vegetables is to cook for the minimum amount of time needed in as little liquid as possible to avoid losing nutrients.



### Veggie Spaghetti La Spaghetti Zhaardinaazh

*Courtesy of Tricia E. Logan, Manitoba*

#### Ingredients:

1 lb. tomatoes  
2 cups sliced zucchini  
1 cup fresh green beans  
1 red onion, sliced  
2/3 cup water  
2 tbsp. chopped, fresh parsley  
1 minced clove, garlic  
1 tsp. chili powder  
1 tsp. Italian seasoning  
Dash salt and pepper,  
to season  
6 oz. tomato paste  
1 lb. whole wheat spaghetti,  
cooked and drained  
1/2 cup fresh parmesan cheese

#### Instructions:

- In a large pot, combine tomatoes, zucchini, green beans, onions, parsley, garlic, chili powder, Italian seasoning, salt and pepper. Bring to a boil.
- Reduce heat and simmer for 10 minutes. Stir in tomato paste. Cover and simmer for 15 minutes more until vegetables are tender.
- Spoon tomato sauce over cooked spaghetti. Sprinkle with cheese.

## Gardening in Small Spaces

Canning is an important part of Métis history. Traditionally, Métis would store foods harvested from gardens and fields in small cellars or semi-subterranean root houses. This ensured that nutritional needs were met throughout the year. Though the majority of Métis now live in urban areas, it is still possible to garden through community gardens and container gardening.

Community gardens are found in many cities across Canada. They can be on the ground, in containers on balconies, or even on the roof tops of apartment buildings. Community gardens are sometimes communal, where everyone shares the work and the benefits of the garden, and sometimes they are divided into individual sections of land which are maintained by one person or family.

Chances are a community garden already exists in your area. For information on how to get involved, contact your community garden administrator. Information on community gardens in the area can often be found in local papers, at community organizations or through a listserv on community gardens in Canada.

Container gardening is growing plants in pots, tubs, baskets or other containers. This can be done in a small yard, on an indoor window sill or apartment balcony.

### Tips for Container Gardening:

- Choose the right container and make sure it is big enough. Vegetables need a pot with a diameter of 30–45cm and a depth of 40cm; for herbs smaller containers will work.
- Put holes in the bottom of the container for drainage.
- Make sure vegetables have at least six hours of direct sunlight a day (except for spinach and lettuce, which both like some shade).
- Water daily or more frequently. Don't let the soil dry out more than three to five cm from the surface.
- Try to choose vegetables and herbs that are naturally smaller in size and therefore easier to grow in containers, such as beets, carrots, corn, cucumbers, eggplant, lettuce, green onion, peppers, radish, spinach, tomatoes, and herbs.

## Vegetarian: the Benefits of Meat-Free

There are many types of vegetarianism. Vegans do not eat meat or dairy products, while lacto-vegetarians eat dairy products, ovo-vegetarians eat eggs, and lacto-ovo vegetarians eat eggs and dairy products.

A vegetarian diet does not include meat, fish or fowl, or anything containing these foods. The potential benefits of following a vegetarian diet include maintaining a healthier body weight, lower rates of heart disease, lower blood cholesterol levels, lower blood pressure, as well as a decreased incidence of type 2 diabetes, colon and prostate cancer.

*Eating Well with Canada's Food Guide First Nations, Inuit and Métis* recommends that we should consume meat alternatives such as beans, lentils, tofu (made from soy beans), seeds and nuts more often. These foods are low in saturated fats, high in folate and high in dietary fibre.

Try having at least one or two meat-free meals each week!

## Tangy Coleslaw

*Courtesy of Tricia E. Logan, Manitoba*

**Ingredients:**

**In a bowl place:**

- ½ cup light mayonnaise
- ½ cup apple cider vinegar
- 1 to 2 tsp. white sugar
- 4 tsp. dill seed
- Salt and pepper to taste
- ½ head shredded cabbage
- 1 each green, red and yellow pepper, diced or thinly julienned
- 3 green onions, sliced

**Instructions:**

- Whisk together mayonnaise, vinegar, sugar, dill, salt and pepper.
- Mix together shredded cabbage, peppers and green onions.
- Toss with dressing.
- Refrigerate until ready to serve.



## Bannock, Breads and Grains

La Galet, Lii Paen  
Pi Lii Graeñ

*York boat crew baking bannock in camp,  
1900*

*Saskatchewan Archives Board, S-B9782*

## Bannock Today

Bannock is a traditional food for Métis. When many of our people still lived off the land, bannock provided the essential energy our bodies needed, especially during times of hunting and gathering, or during the months when the food supply was limited. The flour and lard (animal fat) originally used to make bannock are very high in energy, meaning they contain a lot of calories. Now that we tend to live a less active lifestyle, our bodies do not require such high-calorie foods.

Two good ways of incorporating bannock into a healthy diet are to eat smaller portions and to avoid using lard when making bannock. We can use plant-based oils when frying or we can eliminate frying altogether and prepare bannock in the oven or over a fire.



## Bannock

### La Galet

*Courtesy of Shirley (Logan) Morrish, Ontario*

#### Ingredients:

1½ cups flour  
 2 tsp. baking powder  
 2 tsp. white sugar  
 1 tsp. salt  
 2 tbsp. powdered milk  
 1 tbsp. oil or  
 melted shortening  
 ¾ to 1 cup milk

#### Instructions:

- Mix all ingredients together and drop, by spoonfuls, on a greased baking sheet. (Alternatively, with a bit more flour, the dough can be patted into a circle and placed in a greased cast-iron frying pan and baked until golden brown)
- Bake at 350°F.

## (Red River) Bannock

La Galet (Rivyer Roozh)

*Courtesy of Heather Andersen, Nora Zilkie, Sigrid Schaus and Dixie Palmer,  
British Columbia*

**Ingredients:** 3 cups flour  
**In a bowl place:** 2 tbsp. baking powder  
 1 tsp. salt  
 ¼ cup sugar

- Instructions:**
- Cut into the mixture ½ cup margarine or shortening
  - Add enough cold water to make dry dough.
  - Place in a greased frying pan and bake in 400°F oven for 30 minutes.
  - (add raisins for company bannock)

## The Goodness of Whole Grains

*Canada's Food Guide* recommends that at least half of our daily servings of grain products come from whole grains.

Whole grains contain all three parts of the seed or kernel: the wheat, germ and endosperm, and provide the body with important nutrients such as fibre.

There are many ways that we can increase our whole grain intake. For example, when making bannock or muffins, substitute half of the white flour with whole-grain flour — the difference in taste will barely be noticeable and our bodies will thank us! It is also possible to substitute up to a quarter of the flour in a baking recipe with ground flaxseed.

## Baanak La Galet

*Courtesy of Rita Flamand, Manitoba*

- Ingredients:**
1. 3 cups flour
  2. A few shakes of salt
  3. 1 tbsp. baking powder
  4. 3 tbsp. oil
  5. 1 cup of water

*“[This recipe] was taken from my July 2007 Michif Language Camp.”*

— Rita Flamand

- Instructions:**
1. Mix the first three ingredients in a bowl.
  2. Make a well in the middle of the flour.
  3. Add oil and water.
  4. Start slowly mixing from the middle.
  5. Knead about ten times or so.
  6. Don't knead too much.
  7. Flatten and pierce with fork or spoon.
  8. Place in a lightly greased fry pan (cast iron is better).
  9. Bake in a 450°F oven for 20 to 30 minutes and enjoy!

## La Galet Baanak

- Ingredients:**
- |        |   |
|--------|---|
| en.    | la farin trwaa bol                        |
| deu.   | li sel aeñ pchi braeñ / apishiish         |
| trwaa. | en groo chuyer ohpipayikan / poodr a pate |
| kaatr. | li wil trwaa groo chuyér                  |
| saeñk. | diloo en bol                              |

- Li Michii Method:**
- |  |        |  |
|--|--------|--|
| Li furnoo 450 itashtaa<br>kaa maamawinamihk                  | saeñk. | kahkiyaaw iteyamani maamaakun<br>naandaw ji fwé                |
| en. Itéya li primyer trwaa kaa<br>maamawinamihk deñ gro plaa | sis.   | kaaya ushaam mishtahi maamakun                                 |
| deu. dañ la mijeu ushitaa en pwii                            | set.   | napakin ekwa shaapooshtew avik aeñ<br>furshet kema aaeñ chuyer |
| trwaa. ashtaa li wil pi diloo dañ li pwii                    | wit.   | ahii deñ pwelooñ ekii shishoopenhout                           |
| kaatr. maachi papechi iteya dañ la<br>mijeu uhchi            | nef.   | kiishish dañ li furnoo ikok veñ<br>kema taraanit minwit        |



## Bran Muffins

### Lii Muffin Brañ

*Courtesy of Heather Andersen, Nora Zilkie, Sigrid Schaus and Dixie Palmer, British Columbia*

#### Ingredients:

½ cup butter  
 1 cup brown sugar  
 2 eggs  
 1 cup flour  
 1 cup bran (Quaker brand)  
 1 tsp. baking soda  
 ½ tsp. cinnamon  
 ¼ tsp. nutmeg  
 1 cup sour milk  
 ½ cup raisins or cut up dates

#### Instructions:

- Cream the butter and the sugar, add eggs.
- In a separate bowl, mix flour, bran, soda, cinnamon, nutmeg together.
- Add the dry mixture to the butter, sugar, egg mixture.
- Add sour milk (or buttermilk) and stir just a bit, gently.
- Bake in paper muffin cups at 375°F for 15 to 20 minutes.

*“Mom gave [the recipe] to me years ago and I have made them hundreds of times.”*

— Heather Andersen

## Getting Regular

A high-fibre diet can help protect against many diseases such as diabetes, cancer, high blood pressure, and heart disease. Fibre can also help in the maintenance of a healthy body weight.

There are two types of fibre: insoluble and soluble. Insoluble fibre (whole-grain breads, cereals, flax seeds, the skins of some fruits and vegetables) helps keep the bowels healthy and helps prevent constipation. Soluble fibre (some fruits and vegetables, oatmeal, oat bran, beans, lentils and peas) may help to reduce cholesterol and to control blood sugar levels.

To meet daily fibre requirements: choose whole grains when possible; add ground flax seeds to yogurt or cereal; drink plenty of water to help the body use fibre properly; and try to include vegetables, fruits, nuts and legumes in meals or snacks.

## Healthy Baking

- Try to use only *fresh* flour, seeds and nuts or keep these foods in the freezer to store them; the oils in these foods can go off after being exposed to air for a while.
- Substitute half of the white flour in a recipe for whole wheat flour. With white pastry flour, try using soft spelt flour.
- Use less sugar and experiment with natural sweeteners like maple syrup.
- Use oil or non-hydrogenated margarine instead of butter.

## Baked Bean Muffins

Lii Moffin Brañ dañ li Furnoo

*Courtesy of Bonnie Turriff, Ontario*

- Ingredients:**
- 1 cup raisins
  - 1 cup boiling water
  - 3 eggs
  - 1 cup oil
  - 2 cups white sugar
  - 1 tsp. vanilla
  - 2 cups baked beans (or 1–14 oz. tin of pork and beans)
  - 3 cups flour
  - 1 tsp. baking soda
  - 1 tsp. cinnamon
  - ½ tsp. salt

- Instructions:**
- Mix raisins with boiling water and set aside.
  - Beat eggs, oil, sugar, vanilla and beans together until beans are broken.
  - Add flour and the remaining ingredients, including raisins and water. Mix well.
  - Bake at 325°F for 40 to 50 minutes.

## Buns

### Lii pchi Paeñ

*Courtesy of Helen Logan, Ontario*

**Ingredients:** 2 packages of yeast  
 2 tsp. sugar  
 ¼ cup warm water  
 1 cup sugar  
 1 tbsp. salt  
 2 eggs  
 1 cup Crisco oil  
 4 cups warm water  
 12 to 12½ cups flour

*“I usually make half this recipe and for less sweet buns, I use ¼ cup of sugar. I sometimes use half whole-wheat flour and put in 1 cup of natural bran.”*

— Helen Logan

- Instructions:**
- Dissolve yeast in ¼ cup water and add 2 tsp. of sugar.
  - Beat the eggs with the oil and remaining water. Add yeast mixture.
  - Mix in flour. Mix and knead until smooth. Put in a large greased bowl.
  - At about 8 p.m., punch down the dough and let rise for about 1½ hours.
  - Around 9:30 p.m., make into buns or cinnamon rolls. Place on greased pans. Set aside and cover from draft until morning.
  - Bake 15 minutes at 375 or 400°F.

**Start buns at 5 or 6 p.m.**

## Cinnamon Buns

### Lii pchi paeñ di Sinnamon

*Courtesy of Marie Geiger, Ontario*

**Ingredients:** 1 cup hot mashed potatoes (instant)  
 1 cup butter  
 2 cups scalded milk  
 1 cup white sugar  
 7 cups of flour (or more)  
 1½ tsp. salt  
 2 packages of yeast  
 4 large eggs  
 Cinnamon and butter to spread on dough

*“I also make these into dinner rolls. Delicious with cold turkey. They stay soft because of the mashed potatoes.”*

— Marie Geiger

- Instructions:**
- Combine milk, potatoes and 1 cup flour. Cool to lukewarm. Stir in yeast.
  - Cover and let rise until light then stir down with wooden spoon.
  - In a separate bowl, cream butter and sugar together. Add the eggs and salt. Beat thoroughly.
  - Stir the butter and sugar mixture into yeast mixture, along with the remaining flour to make a soft dough.
  - Knead the dough and place in buttered bowl. Let rise until light.
  - Turn out the dough on a floured board then roll out, spread with butter, brown sugar and cinnamon. Slice.
  - Let rise until the slices have double.
  - Bake at 375°F for 20 minutes or until golden brown.



## Light Rye Bread

Kaa aakishit li Paeñ di Rye

*Courtesy of Christine Logan, Ontario*

### Ingredients:

2½ cups warm water  
 ¼ cup honey  
 ¼ cup vegetable oil  
 1 tbsp. lemon juice  
 1 tbsp. salt  
 2 cups dark  
 or light rye flour  
 5 cups white flour  
 2 tbsp. instant yeast  
 1 egg white  
 1 tbsp. water

### Instructions:

- In a large mixing bowl, combine the water, honey, oil, lemon juice and salt. Add the rye flour, 1 cup of the white flour, and the yeast.
- Add as much white flour as you can in the bowl, then turn out onto a floured surface, and work in the rest of the flour by kneading. This may take MORE or LESS flour. Knead until the dough is not sticky, and bounces back when pressed.
- Shape the dough into a ball and place in a well-greased bowl, turning the dough so that the surface is greased.
- Cover the dough with a cloth, put it in a warm place and allow to rise until doubled in size, at least 1 hour.
- Punch the dough down, turn out onto a greased surface, and cut into 2 equal halves. Shape each half into a long loaf, about 10" by 15". Beginning at the 15" side, roll up tightly like a jellyroll, sealing edges well. Taper the ends.
- Place loaves on a greased baking sheet. Cover and allow to rise in a warm place until doubled in size, about 1 hour. It is REALLY important that these loaves do not over-rise! They will continue to rise in the oven as they bake.
- Just before baking, brush the tops of the loaves with an egg white/water mixture. Bake in a preheated oven at 375°F for 30 minutes.
- Remove loaves from pan and cool.

## Mom's Cranberry Casserole Bread

Maamaa soñ paeñ di pabinaa Kasarool

*Courtesy of Heather Andersen, Nora Zilkie, Sigrid Schaus and Dixie Palmer, British Columbia*

**Ingredients:**

- 2 cups flour
- $\frac{3}{4}$  cup sugar
- 2 tsp. baking powder
- $\frac{1}{2}$  tsp baking soda
- 1 tsp. salt
- $\frac{1}{4}$  cup shortening
- $\frac{3}{4}$  cup orange juice
- 1 tbsp. grated orange rind
- 2 eggs, beaten
- 1  $\frac{1}{2}$  cups cranberries

**Instructions:**

- Stir the flour, sugar, baking powder, baking soda and salt together. Cut in the shortening until the mixture resembles coarse cornmeal.
- In a separate bowl, combine the orange juice and grated orange rind with the eggs. Add to the dry ingredients, mixing enough to dampen.
- Dust the cranberries with a tbsp. of flour and carefully fold into the batter.
- Spoon the batter into a well-greased 1–1.2 qt casserole pan.
- Bake at 350°F for about 1 hour.
- Allow to cool in the pan for 10 minutes before removing.
- Serve sliced with butter or frosting. To make frosting, combine 2 cups of icing sugar with boiling water a table spoon at a time until the consistency is right for drizzling.

## Multi-grain Oatmeal Mix

Lii graeñ pi Poraaj e'mamawinikaateki

*Courtesy of Christine Logan, Ontario*

**Ingredients:** 5 parts steel cut oats  
1 part quinoa  
1 part millet  
¼ part raw sunflower seeds

**Instructions:** **To make 1 serving:**

- In a pot, put in ¼ cup oatmeal mix
- Add 1 cup water, with ⅓ cup raisins.
- Soak overnight.
- In the morning, bring to a boil and simmer for 17–20 minutes without a lid. Stir once in a while.
- Place in a tightly covered container and store in a dry place.

# Pancakes

## lii Krep

*Courtesy of Shirley (Logan) Morrish, Ontario*

**Ingredients:** 3<sup>3</sup>/<sub>4</sub> cups flour  
7<sup>1</sup>/<sub>2</sub> tsp. baking powder  
6 tbsp. white sugar  
2 tsp. salt  
3 eggs  
3<sup>3</sup>/<sub>4</sub> cups milk  
9 tbsp. melted butter

**Instructions:**

- Mix all ingredients together until they form a smooth batter.
- Blueberries, apple pieces or raisins may be dropped on pancake before flipping.

## Savory Grain Pancakes

Lii Krep di Graeñ Savory

*Courtesy of Tricia E. Logan, Manitoba*

**Ingredients:** 2 cups pancake mix  
¼ cup diced carrot  
¼ cup parsnip  
⅔ cup cooked wild rice  
2 tbsp. canola seed  
2 tbsp. flax seed  
4 green onions, chopped finely  
Chopped parsley

**Instructions:**

- Make pancake mix as directed and let stand for 15 minutes.
- Sauté the carrots, parsnips, wild rice, canola seeds, flax seeds and green onions for 3–4 minutes. Add to the pancake mix.
- Cook like regular pancakes and garnish with parley or other herbs.

## Red River Cereal Bread

Li paeñ di Sirial di Rivyer Roozh

*Courtesy of Christine Logan, Ontario*

- Ingredients:**
- 2 cups warm water
  - ¼ cup honey or sugar
  - 2 tsp. salt
  - ¼ cup oil
  - 3 cups Red River Cereal, cooked and warm (1 cup raw)
  - 2 cups whole-wheat flour
  - 2 tbsp. instant yeast
  - 6–7 cups white flour

- Instructions:**
- In a large mixing bowl, combine all ingredients except the white flour. Gradually add white flour, kneading constantly, until dough is smooth and elastic. Add as much flour as you can in the bowl by hand, until the dough feels soft but not sticky and bounces back when pressed, 8–10 minutes. You may need MORE or LESS flour.
  - Shape dough into a ball and place in a large, well-greased bowl, turning dough so that the surface is greased.
  - Cover with a cloth. Put in a warm place and let rise until doubled in size, about an hour.
  - Punch down the dough and turn out onto a greased surface. Divide dough in thirds. Shape each third into a traditional or a round loaf, using a kneading motion.
  - Place loaves in a well-greased bread pan or baking sheet. Cover with a cloth. Let rise until bread has doubled, about an hour.
  - Bake loaves in a preheated 350°F. oven for 35–40 minutes, until well browned.
  - Remove loaves from pan and cool.

**Makes 3 loaves.**



## Puddings and Desserts

Lii Puchin Pi Lii  
Seukraezh

*Depot at Turtle Mountain,  
Boundary Commission file*

*Archives of Manitoba, N11953*

## Controlling Blood Sugar

Foods that contain carbohydrates, such as breads, cereals, pasta, fruits, vegetables, dairy products, beans, and candy affect our blood sugar. The glycemic index (GI) measures how these carbohydrate-containing foods affect blood sugar. A food with a high glycemic index, for example, will raise our blood sugar more than a food with a low glycemic index.

Choose foods with a low glycemic index to help control blood sugar levels, lower the risk of complications of diabetes, control appetite, and control blood cholesterol levels.

Examples of foods with a low glycemic index include stone-ground whole wheat bread, oatmeal, beans, and many fruits and vegetables.

## Brownies

Lii kokii brun

*Courtesy of Senator Earl Scofield, Ontario*

**Ingredients:**

- 1½ cups flour
- 1 tsp. salt
- 2 cups white sugar
- ½ cup cocoa
- 2 tsp. vanilla
- 1 cup oil
- 4 eggs
- 1 cup cold water
- 1 cup chopped walnuts (optional)

**Instructions:**

- Put all ingredients in large bowl and mix with a hand mixer mix on low speed until smooth.
- Grease a 13" x 9" x 2" pan. Pour batter into pan making sure the batter is even in the pan.
- Bake at 350°F for 30 minutes — no longer.

## Company Cake that Disappears

### Li Gatoo Koompayiiñ ki dispareu

*Courtesy of Heather Andersen, Nora Zilkie, Sigrid Schaus and Dixie Palmer, British Columbia*

<b>Ingredients:</b>	2 eggs	1 tsp. baking powder
	1 cup sugar	pinch of salt
	1 tsp. vanilla	½ cup milk
	1 cup flour	1 tbsp. butter

- Instructions:**
- Heat oven to 350°F. Grease a 8" x 8" cake pan.
  - Beat eggs well. Add sugar gradually. Add vanilla.
  - Sift flour, baking powder and salt together and stir into egg mixture.
  - Heat milk to scalding. Add 1 tbsp. butter.
  - Add to the cake batter.
  - Pour batter into pan.
  - Bake 35 minutes or until top springs back when touched lightly.
  - Remove from oven.

<b>Topping Ingredients:</b>	2 tbsps. butter, melted
	⅓ cup brown sugar
	2 tbsps. light cream
	½ cup flaked coconut

- Topping  
Instructions:**
- Turn on broiler.
  - Mix all the ingredients together.
  - Drop the mixture by small spoonful on top of cake and spread carefully.
  - Broil in oven until bubbling and lightly browned.
  - Cool in pan.

## Crème Caramel (Caramel Custard)

### Krem Karmel

*Courtesy of Heather Andersen, Nora Zilkie, Sigrid Schaus and Dixie Palmer, British Columbia*

**Ingredients:** 1 and ½ cups of sugar  
4 cups of milk (can use 1% or 2% or whole milk)  
6 eggs  
pinch of salt  
1 tsp. vanilla extract

*“I’ve made this hundreds of times — very easy — but looks difficult.”*

— Heather Andersen

**Instructions:**

- Preheat oven to 325°F. Heat 1 cup of sugar in a heavy skillet over low heat, without stirring until the sugar forms a light-brown syrup. Stir to blend.
- Use this syrup to coat the sides and bottom of a 1½ quart shallow casserole dish. Pour the syrup in to coat the bottom and sides.

#### **Make the custard:**

- Heat the milk to boiling.
- In a large bowl, beat the eggs lightly. Add the remaining ½ cup of sugar, the salt and the vanilla. Gradually pour in the hot milk, stirring constantly.
- Pour into the casserole dish.
- Set casserole dish in a shallow pan and pour hot water to ½ inch level around the dish.
- Bake 1 hour and 35 minutes or until a knife inserted in the center comes out clean. (Sometimes it is done in an hour)
- Let custard cool. Refrigerate overnight.

**To serve:** Run a knife around the edge of the casserole dish to loosen. Invert on a shallow serving dish. The caramel acts as a sauce.

## First Prize Gingerbread

Primiyeer Prii Paeñ di Shezhaañ

*Courtesy of Helen Logan, Ontario*

**Ingredients:** ½ cup shortening  
½ tsp. nutmeg  
1 cup brown sugar  
½ tsp. ginger  
2 eggs  
1 tsp. baking powder  
½ cup molasses  
2 cups flour  
½ tsp. salt  
⅔ cup boiling water  
½ tsp. cinnamon  
1 tsp. baking soda

- Instructions:**
- Cream the shortening, adding the molasses, salt, nutmeg and cinnamon.
  - Pour boiling water over 1 level teaspoon of baking soda and add to the mixture.
  - Sift together the flour, baking powder and ginger. Add to the mixture.
  - Beat the eggs and add to the mixture.
  - Mix well.

**Cook at 350°F for 10 minutes.**

## Half Hour Pudding

### Eñ dimiyoer Puchinn

*Courtesy of Helen Logan, Ontario*

**Ingredients:**

- 1½ cup brown sugar
- 1 cup flour
- 1 cup raisins
- ½ cup milk
- 2 tsp. baking powder
- 2 cups boiling water
- 1 cup brown sugar
- 1 tbsp. butter
- ¼ tsp. nutmeg

- Instructions:**
- Combine ½ cup of brown sugar, flour, raisins, milk and baking powder.
  - Place the mixture in a greased bowl.
  - To make the sauce, combine 2 cups boiling water with 1 cup brown sugar, butter and nutmeg.
  - Pour the sauce over the mixture.
  - Bake at 350°F for about 30 minutes.

## Hard Time Pudding

La Puchinn kaa kakwaatakitaak

*Courtesy of Shirley (Logan) Morrish, Ontario*

**Ingredients:**

- 1 cup flour
- 2 tsp. baking powder
- 1/8 tsp. salt
- 2 tbsp. sugar
- 2 tbsp. shortening
- 1 cup raisins
- 1/2 cup milk
- 1 cup brown sugar
- 1 tbsp. butter
- 1 3/4 cups boiling water

**Instructions:**

- Combine the first seven ingredients in the order listed and pour into a greased cake pan.
- To make the sauce, combine brown sugar, butter and boiling water.
- Pour the sauce over the batter.
- Bake at 350°F for half an hour.



## Mom's Rhubarb Pie

*Li tart di Rubaarb di Mama*

*Courtesy of Heather Andersen, Nora Zilkie, Sigrid Schaus and Dixie Palmer,  
British Columbia*

### Ingredients:

1 tbsp. fresh grated ginger  
4 cups rhubarb, cut into 1 inch pieces  
1 egg, beaten  
juice of half a lemon  
1 ½ cups sugar  
3 tbsp. cornstarch  
2 tbsp. milk  
Pastry for pie shell

### Instructions:

- Mix the rhubarb, ginger, egg and lemon juice together in a large bowl.
- Mix the sugar and cornstarch together. Stir into the rhubarb mixture.
- Roll out pastry and fit bottom shell into a 9" pie plate.
- Preheat oven to 425°F.
- Spoon rhubarb filling into the pastry and top with another layer of pastry. Seal and flute the edges.
- Brush pie top with milk and bake for 13 minutes.
- Reduce the heat to 350° F and bake for another 40 minutes.

## Mrs. Zilkie's Rhubarb Cake

### Li Tart di rubaarb di Madaam Zilkii

*Courtesy of Heather Andersen, Nora Zilkie, Sigrid Schaus and Dixie Palmer, British Columbia*

**Ingredients:** 2 cups brown sugar  
1¼ cup butter  
1 egg, beaten  
1 tsp. baking soda  
¾ tsp. salt  
2 cups flour  
1 tsp. vanilla  
1 tsp. cinnamon  
2 cups chopped rhubarb  
1 cup sour milk  
½ cup coconut

- Instructions:**
- Cream 1½ cups sugar with 1 cup butter. Add the beaten egg.
  - Add dry ingredients (except for the coconut) and sour milk alternately to the wet mixture. Fold in the rhubarb.
  - Pour into a greased 9" x 13" pan.
  - For the topping, mix together ¼ cup butter, ½ cup brown sugar, and the coconut.
  - Spread the topping over the cake and bake at 350°F for 45 minutes.

## Orville's Benefit Squares

Kaa uhchi wiichiiwet Orvill soñ Gatoo Karii

*Courtesy of Heather Andersen, Nora Zilkie, Sigrid Schaus and Dixie Palmer, British Columbia*

**Ingredients:**

- 2 cups flour
- 1½ cup brown sugar
- ¼ tsp. salt
- 1¾ cup butter
- 4 tbsp. corn syrup
- 1 can condensed milk, Eagle brand
- 12 ounces chocolate chips

- Instructions:**
- Combine together flour, salt, ½ cup brown sugar and ¾ cup butter.
  - Press batter into a greased 9" x 13" pan and bake at 350°F for 10 minutes.
  - For the filling, mix together 1 cup melted butter, 1 cup brown sugar, corn syrup and condensed milk. Heat for 5 minutes, stirring constantly.
  - Pour the filling over the shortbread base in the pan and allow to cool.
  - Melt 12 ounces of chocolate chips and pour on top of the butter/condensed milk filling. Score the top of the squares with a knife. Allow to cool.
  - Store in the fridge.



## Raisin Jumble Cookies

Li Kokii kaa Mamawinamihk avik lii Razeñ

*Courtesy of Heather Andersen, Nora Zilkie, Sigrid Schaus and Dixie Palmer,  
British Columbia*

### Ingredients:

1¾ cups shortening  
 1½ cups sugar  
 1½ tsp. vanilla  
 ½ tsp. almond extract  
 2 large eggs, well beaten  
 2¾ cups sifted flour  
 1 tsp. salt  
 ½ tsp. baking powder  
 ½ tsp. baking soda  
 1 cup sour cream  
 1½ cups dark or golden seedless raisins  
 ½ cup candied cherries, chopped  
 2 cups powdered sugar, sifted  
 1 tsp. lemon juice  
 2 tbsp. cream

### Instructions:

- Cream together shortening, sugar and flavourings [vanilla and almond extract] until fluffy. Beat in eggs.
- Sift flour with salt, baking powder and soda.
- Add the dry ingredients to the creamed mixture, alternately with the sour cream.
- Stir in fruits [raisins and candied cherries].
- Drop dough in small mounds onto a lightly-greased baking sheet, with spacing about 2 inches apart.
- Bake in the oven at 375°F for 8 for 10 minutes or until lightly browned. Remove cookies to wire racks to cool.

### For Frosting:

- Beat together until fluffy and smooth: sifted powdered sugar, ¼ cup soft butter, lemon juice, 1 tsp. vanilla and cream.

## Saskatoon Crisp

### Li Krisp d'Pwer

*Courtesy of Shirley (Logan) Morrish, Ontario*

**Ingredients:** 3 to 4 cups saskatoon berries  
 ¼ cup sugar  
 ½ cup flour  
 ½ cup rolled oats  
 ½ cup brown sugar  
 ½ cup [cold] butter

- Instructions:**
- Place berries in a greased 8" x 8" baking dish. Sprinkle with white sugar.
  - Combine remaining ingredients and sprinkle over the berries.
  - Bake at 350°F for 20 to 30 minutes, or until lightly browned.

## Saskatoon Crumble

### Lii Krutooñ di Pwer

*Courtesy of Beverly Cardinal, Saskatchewan*

**Ingredients:** 3 cups of saskatoon berries (fresh or frozen)  
 ¼ cup sugar  
 1 cup rolled oats  
 ½ cup flour  
 ¾ cup brown sugar  
 ½ tsp. salt  
 ½ cup cold butter or margarine

- Instructions:**
- Place berries in a greased 8" x 8" baking dish. Sprinkle with white sugar.
  - Combine rolled oats, flour, brown sugar, salt and butter or margarine to make a crumbly mixture. Sprinkle over the berries.
  - Bake at 350°F for about 30 minutes.
  - Serve warm with ice cream, frozen yogurt or crème fraise.

## You Won't Believe This is a Banana Loaf!

Nowiikaach kitaa taapweten eñ paeñ di Banaan awa

*Courtesy of Heather Andersen, Nora Zilkie, Sigrid Schaus and Dixie Palmer, British Columbia*

**Ingredients:** 4 [very] ripe bananas  
2¼ cups sugar  
7 tsp. baking soda  
¼ tsp salt  
2 tsp. vanilla  
4 eggs  
3 cups flour  
1 cup buttermilk  
½ cup oil

- Instructions:**
- Mash the bananas, mixing with sugar, baking soda, salt and vanilla.
  - Alternate the flour and eggs. Mix well, add buttermilk and oil.
  - Grease two loaf pans.
  - Bake at 275°F for 2½ hours. Enjoy.

## Fruit

An affordable way to return to a more traditional diet is by eating fruit that is indigenous to your part of the world [see below for the nutritional content of various indigenous fruits]. Try eating plenty of the fruit that is in season. It will be fresher and healthier, and in many cases, less expensive. A good way to have access to fruit all year long is by buying or collecting extra berries and freezing them so you can eat them in the winter. Wild plants, including berries, were one of the ways people traditionally got nutrients in the past. Today berries and other fruits can be healthy replacements for foods and drinks that contain a lot of calories and fat. Examples of foods and drinks to limit include:

- pop
- fruit flavoured drinks
- sports and energy drinks
- candy and chocolate
- cakes, pastries
- doughnuts and muffins
- granola bars and cookies
- ice cream and frozen desserts
- potato chips
- nachos and other salty snacks
- french fries
- alcohol

Indigenous Fruits	Amount	Calories	Protein	Fat	Saturated Fat	Carbohydrates	Fibre
<b>Blackberries, raw</b>	1 cup	125	1g	2g	0g	24	7.6
<b>Blueberries</b>	1 cup	83	1g	0.4g	0g	21	3.5
<b>Crab apples</b>	1 cup	84	0g	0g	0g	21	n/a
<b>Cranberries, high bush, raw</b>	½ cup	62	1g	0g	0g	13	7.6
<b>Cranberries, low bush, raw</b>	½ cup	62	0g	0.5g	0g	13	n/a
<b>Gooseberries, raw</b>	1 cup	66	1g	0.8g	0g	15	6.5
<b>Raspberries</b>	1 cup	64	1.4g	0.8g	0g	14.6	8
<b>Rhubarb</b>	1 stalk	11	0g	0g	0g	2	1
<b>Strawberries</b>	1 cup	49	1g	0.4g	0g	11	3



## Jams and Canning

Lii Kooñfeheur Pi  
Kaa Li Kaniihk

*Drying moose meat,  
Northern Saskatchewan, 1926*

*Saskatchewan Archives Board, R-A1011-2*

*“During the summer, we used to take the wagon and go out and make a living, doing whatever we could, working for farmers. When the berries were fresh, we’d stop and pick berries. We’d stop along the roadside, make a fire, and fry some saskatoons. Then we’d go back to crushing chokecherries. That was something else and you don’t see that anymore; I long for it. The thing I still do, if I get a chance, is I go out. Like, cranberries, they freeze in the winter, and when I was shooting rabbits, going out hunting, I used to pick a handful of cranberries, frozen cranberries, and eat them.”*

— George Fleury



## Canned Tomatoes

### Lii Tomaat kaa Li Kaniihk

*Courtesy of Christine Logan, Ontario*

#### Ingredients:

5¼ lbs. (2.5 kg) ripe tomatoes, stem ends and cores removed, peeled  
 1 tbsp. bottled lemon juice, per pint  
 ½ tsp. coarse (pickling) salt, per pint  
 ½ tsp. sugar, per pint

#### Instructions:

- Place tomatoes, whole or diced, in a large saucepan. Cook on medium heat until they start to boil.
- Pour into hot sterilized pint jars to within ½ inch (1 cm) of the top.
- Add lemon juice, salt and sugar to each pint.
- Place sterilized metal lids on jars and screw metal bands on securely. Process in boiling water bath for 35 minutes for pints or 45 minutes for quarts.

*“You can use  
PINCHERRIES  
instead of  
chokecherries.”*

— Christine Logan



## Chokecherry Jelly

### Li Zhlii di Takweyiminaana

*Courtesy of Christine Logan, Ontario*

#### Ingredients:

3 lbs. (1.4 kg.) chokecherries  
3 cups water  
3 cups prepared juice  
6½ cups sugar  
6 oz. liquid pectin

#### Makes 6 half-pints.

For added assurance against spoilage, you may choose to process filled jars in a boiling water bath for 5 minutes.

#### Instructions:

- Combine chokecherries and water in large pot. Bring to a boil on medium-high heat. Continue to boil for 15 minutes, stirring occasionally.
- Pour berries and juice into a jelly bag in a bowl. Tie bag above bowl, or place bag in a food mill or large sieve so that the juice will drain into the bowl.
- Combine the reserved juice with the sugar in large pot. Stir on high until it comes to a boil.
- Stir in the liquid pectin. Bring to a full boil, continuing to stir. Boil hard for 1 minute and remove from heat.
- Skim off foam and pour quickly into hot sterilized half-pint jars to within ¼ inch of the top. Place sterilized metal lids on jars and securely screw on metal bands.

*“Every summer my mother would bring me to Separation Point, Sandwich Bay like most parents do when their kids are small, bring them back to their hometown. We used to do quite a bit of berry picking then. Especially at Pack’s Harbour, that is where the best bakeapples grow! Hours and hours would be spent up on the hills there just picking and picking. I would spend my time eating more than I brought home, but my mother and my Aunt Winnie Brown would just bring the berries back by the gallons. Out of the bakeapples there would be pies, jams, and tarts, and sometimes the best way was just in the bowl with a bit of sugar and some cream over the top!!”*

— Julie Reed, Labrador



## Chris' Favourite Vinegar Dills

Chris maawachi e'kichii'iteyimaat lii Dill Vinaegr

*Courtesy of Christine Logan, Ontario*

### Ingredients:

Pickling cucumbers for 2 quarts  
 3 cups water  
 1 cup vinegar  
 ¼ cup pickling salt  
 ¼ cup white sugar  
 1 clove garlic  
 Dill

Makes 2 quarts.

### Instructions:

- Bring the first four ingredients to a boil.
- Pour over pickles.
- Add 1 toe [clove] garlic and dill.
- Properly sterilize jar and lid.

## Crab Apple Jelly

Li Zhlii di pchi Pom

Courtesy of Christine Logan, Ontario

**Ingredients:** 6 cups crabapple juice  
2 tbsp. lemon juice  
6 cups white sugar

- Instructions:**
- Wash the apples whole and unpeeled. Place the apples in a large pot, filling the pot about  $\frac{2}{3}$  full. Add enough water to just barely cover.
  - Boil until the apple skins split and the colour has gone into the liquid, about 15 minutes.
  - Put the apples through a sieve, pressing gently so that only the liquid goes through. Strain the crabapple liquid through a cheesecloth, measuring 6 cups of juice.
  - In a medium-sized saucepan, boil the juice with lemon juice and sugar until the liquid is reduced, and the juice starts to jell when tested on a metal spoon. This could take 30 minutes or more.
  - Pour the jelly into hot, sterilized jars and seal. Allow to cool.

**Makes about 7 cups.**

Save the apple pulp after sieving to make applesauce later, heating gently and adding sugar to taste.

*“...there were red berries picked every year in the fall of the year. From those there would be more jams, pies, tarts and wine! Mother loved her redberry wine! Every year, she made sure she had enough berries left to make her wine. This she would make before Christmas and it was always ready for Christmas Day when everyone arrived! Anyone who came in over the holidays had to try her wine. I tried it once when I was a little older, it was very tart and bitter, I wasn’t fond of it at all.”*

— Julie Reed, Labrador

*“This is a recipe from the late Eva Zienkiewicz. Eva was born in Poland and she later emigrated from Germany to live in the North End of Winnipeg in 1952. Even though she wasn’t Métis, her crabapple tree shaded the back lane of Seven Oaks Museum in Winnipeg. She always took good care of her Métis families and neighbors, always with food!”*

— Christine Logan

## Crab Apple Juice

Li Zheu di pchi Pom

Courtesy of Christine Logan, Ontario

**Ingredients:** 4 quarts crab apples, halved or quartered  
1 tbsp. cream of tartar  
5 quarts boiling water  
Sugar to taste

**Instructions:**

- Place the apples, cream of tartar and boiling water in a very large container.
- Cover and let sit for about 25 to 30 hours.
- Strain out the apples. Measure the juice.
- Boil the juice with  $\frac{1}{4}$  cup sugar per quart of juice. Taste and add more sugar if desired.
- Pour the juice into hot, sterilized jars and store in a cool place.

Makes about 6 quarts of juice.



## Cranberry Sauce

### Saas di Pabinaa

*Courtesy of Christine Logan, Ontario*

#### Ingredients:

- 4 cups fresh cranberries
- 2 cups water
- 2 cups sugar

#### Makes 4 half-pints of Sauce.

For added assurance against spoilage, process the jars in a boiling water bath for 5 minutes

#### Instructions:

- Combine cranberries and water in large saucepan. Bring to a boil, covered. Simmer for 20 minutes.
- Add sugar and stir until it is dissolved. Bring to a rapid boil for 5 minutes.
- Pour into hot sterilized half pint jars, filling to a ¼ inch from the top.
- Place sterilized metal lids on jars and screw metal bands on securely. These will keep in refrigerator for at least 4 months after opening.

#### Make Cranberry Jelly:

- Press cooked cranberry-water mixture (above) through food mill or sieve. Add sugar and boil as above.



## Dandelion Syrup

Li Siiroo di Pissaañdlii

*Courtesy of Shirley (Logan) Morrish, Ontario*

### Ingredients:

50 dandelion flower heads,  
untreated with chemical sprays  
1 lemon  
8 cups water  
5 cups white sugar

**Makes 4 cups.**

### Instructions:

- Put dandelion flower heads in a large sauce pan.
- Squeeze in the juice out of the lemon and add water. Bring to a boil. Cover and simmer for 1 hour.
- Remove from heat and let stand overnight, covered.
- Strain, return the liquid to a clean saucepan, and add white sugar. Stir well and bring to a boil.
- Reduce heat and simmer for 1½ hours or until it reaches the consistency of maple syrup.
- Store in sealed, sterile jars in the refrigerator. Serve over waffles or pancakes.

## Perfect Pear Jam

### Li kooñfecheur Plesh Parfet

*For Dixie*

*Courtesy of Heather Andersen, Nora Zilkie, Sigrid Schaus and Dixie Palmer, British Columbia*

**Ingredients:** 4 cups prepared fruit  
¼ cup lemon juice  
7½ cups sugar  
2 pouches Certo

- Instructions:**
- Peel and core fully ripe pears. Crush with a potato masher.
  - Measure the exact amount of prepared fruit into a large pot. Add lemon juice and sugar. Do not reduce. Mix well.
  - Place pan over high heat, bringing to a full rolling boil for 1 minute, stirring constantly.
  - Remove from heat and stir in Certo immediately. Skim off foam with a metal spoon. Stir and skim for 5 minutes.
  - Pour quickly into sterilized jars filling to a ¼ inch from the top. Seal immediately.

(May be doubled)

## Pickled Eggs

### Lii Pikal di Zaaf

*Courtesy of Shirley (Logan) Morrish, Ontario*

<b>Ingredients:</b>	2 cups white vinegar	1 tbsp. celery seed
	½ cup water	1 tbsp. mustard seed
	1 cup white sugar	12 shelled hard-boiled eggs
	1 tbsp. pickling salt	2 sliced onions

- Instructions:**
- Simmer vinegar and spices together for 10 minutes and cool.
  - Pour over rinsed eggs in sterile jars with slices of onion. Cover and refrigerate.
  - Let stand for at least 2 days before serving.

## Pickled Mushrooms

### Pikal di Shaampiyooñ

*Courtesy of Shirley (Logan) Morrish, Ontario*

<b>Ingredients:</b>	3 cups fresh mushrooms — sliced or quartered
	1½ cups coarsely chopped onions
	1½ cups white vinegar
	½ cup white sugar
	½ tsp. pickling salt
	1 tsp. pickling spices

- Instructions:**
- Combine vinegar, sugar, salt and spices in a large pot. Bring to a boil. Add mushrooms and onions and cook for 10 minutes.
  - Remove from heat and store in tightly covered jars in refrigerator for 3 to 4 weeks before serving.

## Red Currant Jelly

Li Zhlii'd Gadel Roozh

*Courtesy of Christine Logan, Ontario*

**Ingredients:** 8 cups red currants  
2 cups water  
4 cups prepared juice  
4 cups sugar

- Instructions:**
- Combine currants and water in large pot, bringing to a boil over medium heat. Boil gently, stirring often, for 10 to 15 minutes or until currants are soft. Drain in jelly bag overnight.
  - Place prepared juice in large pot. Bring to a boil over medium-high heat, boiling rapidly for 5 minutes.
  - Stir in the sugar until it dissolves. Boil hard for about 15 minutes, stirring once or twice, testing for jelling near the end.
  - Pour into hot sterilized half-pint jars to within a ¼ inch from the top. Place sterilized metal lids on jars and screw metal bands on securely.

**Makes 3 half-pints.**

For added assurance against spoilage, you may choose to process the jars in a boiling water bath for 5 minutes.

## Rose Hip Jam

Li kooñfecheur di Batoon'd Roozh

*Courtesy of Shirley (Logan) Morrish, Ontario*

**Ingredients:** 2 lbs. (4 cups) fresh rose hips  
1¼ cups water  
½ lb. (1 cup) sugar

- Instructions:**
- Remove rose hip blossom ends, stems and leaves. Wash quickly.
  - Boil rose hips in saucepan with water until tender (15 to 20 minutes).
  - Mash the rose hips and weigh the pulp, adding 1 cup of sugar per pound of pulp.
  - Bring to a boil, stirring, for 10 minutes.
  - Pour into sterilized jars. Seal after cooling slightly.



## Teas and Home Remedies

La Michin Pi Lii Tii  
Dañ La Mezoñ  
Uhchi

*Red River Camp, 1875  
Transportation file*

*Archives of Manitoba*

*“...some things are sacred and [Elders] don’t teach everything. There are some things you don’t teach in book form. You got to leave it to somebody in the community that is interested. That is the one that will walk with it and take it. Not everything goes in a book.”*

— Norman Fleury

## Aboriginal Healing

Aboriginal People have complex healing traditions winding back across the years and decades, predating European contact. At one time, these practices were thought of as communal knowledge and were shared openly; however, by the end of the first quarter of the twentieth century, this changed for the protection of these practices (and protection of practitioners) from the watchful eye of outsiders like government and missionaries. Beginning in the 1980s, this began to change again, so that now there is exists cautious first steps in sharing this knowledge, as it gains popularity.

Healing practices often embrace a holistic model, including a solid spiritual base, and may also include the use of medicinal herbs. It would be nearly impossible to describe all of the medical herbs used by Canada’s Aboriginal Peoples, many of which that have contributed to development of current pharmaceutical medicines. For example, various Aboriginal groups were able to prevent scurvy with spruce bark tea, which is rich in vitamin C, or to reduce pain with willow extract, which is similar to ‘aspirin.’

It is difficult to apply rules of scientific testing to Aboriginal healing practices, for many reasons, including the holistic model of healing. It may be possible to scientifically test the medicinal herbs used in some healing practices, but it is much more difficult to test the holistic *process*, which may include spiritual healing.

Though not all healing practices are shared, we have been blessed with the permission to share the few healing recipes within this section. This small collection of teas and home remedies were collected from Métis across Canada.

Please remember that of the healing recipes, each is only one small piece of healing and should not be undertaken without the guidance of both a medical professional and an Aboriginal healer.

## Burdock Root Tea

Li Tii di Machi Kwanaash

*Courtesy of Tracy Turk, Ontario*

- Instructions:**
- Collect the long tap roots of the Burdock plant.
  - Rinse and clean the root.
  - Cut in 1 inch segments and put in a small pot with 2 cups water.
  - Cover and bring to a boil, then simmer for 1 hour before serving.

## Dandelion Tea

Li Tii'd Piseañdlii

*Courtesy of Tracy Turk, Ontario*

- Instructions:**
- Use fresh or dried roots of the dandelion [untreated by chemicals]
  - Wash and cut dandelion roots into small pieces
  - Use a mortar and pestle to crush the root
  - Put crushed root in cup and add boiling water
  - Steep for 5 minutes

## Elderberry Tea

Li Tii'd Elderberry

*Courtesy of Tracy Turk, Ontario*

- Instructions:**
- Boil water in a tea kettle.
  - Put 2 tablespoons of ripe fresh or frozen elderberries in a cup, stems removed.
  - Add the boiling water as you would a cup of tea and cover with a lid.
  - Steep for 5 minutes, then press the berries to the side of the cup and scoop them out or leave them in.

*“Our Métis and Aboriginal ancestors knew which bark, roots and berries to use in their diet. As a Métis citizen living in Hamilton, I use these healing teas quite often and any others as well. I grow, collect and/or forage all the berries, roots, etc. needed to make these very nutritive teas” — Tracy Turk*



## Home Remedies for an Earache

Dañ la mezooñ uhchi la michin pur li maal di zaray

*Courtesy of Rita Flamand, Manitoba*

- Instructions:**
- Warm olive oil, drop into the ear, then apply a warm salt bag (a bag filled with salt and heated in the oven). A salt bag can be made ahead of time out of cotton or sacks for use in an emergency.

*Historically, an onion was also used by some for treatment of an earache. Boiling an onion made it soft, so that the core in the centre could be very carefully placed into the ear. As the ear is extremely sensitive, it is not recommended that this be attempted without the care and supervision of a health care professional.*

## Home Remedies for High Blood Pressure

Dañ mezooñ uhchi la michin pur High Blood Pressure

*Courtesy of Rita Flamand, Manitoba*

- Instructions:**
- Garlic or nettle tea was traditionally used by some for high blood pressure. One clove of garlic was cut into slivers and then put into warm milk and drank before retiring at night.

This guide is intended only to provide basic information about health, food and history. In no way is the information in this book intended to replace the advice of a physician. This guide only contains general information and it is recommended that you always follow the advice of your physician.

## All-Natural Insect Repellent

Lii Manichoosh kaa uhchi nipayitchihk tout Naachuraal

*Courtesy of Shirley (Logan) Morrish, Ontario*

**Ingredients:** 2 tbsp. citronella essential oil  
2 tbsp. rosemary essential oil  
2 tbsp. geranium essential oil  
2 tbsp. eucalyptus essential oil  
½ cup olive oil

**Instructions:**

- Mix all ingredients together well.
- Store in an opaque and labeled bottle. To use, dab the oil on a cap, kerchief, clothing or your skin. Keep away from eyes and mouth.

## Homemade Fly Repellent for Pets

Kiikiwaak uhchi li repellent pur tii pichi animou

*Courtesy of Shirley (Logan) Morrish, Ontario*

**Instructions:** 1 oz. citronella oil  
1 cup cider vinegar  
1 cup water  
1 basil leaf  
1 bay leaf

**Instructions:**

- Combine all ingredients together.
- Apply once or twice a day.



## Healthy Living

Historically, Métis food systems were simple and focused on what was seasonally available. This simplicity kept Métis in good health. Combined with an active lifestyle, increasing the consumption of fresh, locally-grown whole foods will contribute to our holistic health, nurturing our bodies and spirits. Healthy living, including eating well, means making positive choices that improve our personal physical, mental and spiritual health.

- Eat a variety of foods and make portions a reasonable size — avoid super-sized portions and second helpings
- Eat healthy, regular meals or snacks every 3–4 hours to boost your overall well-being by giving you more energy and vitality, and helping you to feel good about yourself, inside and out
- Be active for 30 to 60 minutes every day, most days of the week, to reduce stress levels, increase energy, and improve sleep and digestion
- Too much stress can harm your health. Determine the causes of stress in your life and reduce stress by being active, sharing your feelings with family and friends, taking time for yourself, eating well, and laughing!
- Surround yourself with a supportive environment of people who care for, and respect you.

## Advice from Canada's Food Guide<sup>1</sup>

### Eat well and be active

The benefits of eating well and being active include:

- Better overall health.
- Lower risk of disease.
- A healthy body weight.
- Feeling and looking better.
- More energy.
- Stronger muscles and bones.

### Be active

To be active every day is a step towards better health and a healthy body weight.

*Canada's Physical Activity Guide* recommends building 30 to 60 minutes of moderate physical activity into daily life for adults and at least 50 minutes a day for children and youth. You don't have to do it all at once. Add it up in periods of at least 10 minutes at a time for adults and five minutes at a time for children and youth.

### Eat well

Another important step towards better health and a healthy body weight is to follow *Canada's Food Guide* by:

- Eating the recommended amount and type of food each day.
- Limiting foods and beverages high in calories, fat, sugar or salt (sodium) such as cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, french fries, potato chips, nachos and other salty snacks, alcohol, fruit flavoured drinks, soft drinks, sports and energy drinks, and sweetened hot or cold drinks.

<sup>1</sup>This information and the following tables are a combination of Canada's two food guides: *Eating Well with Canada's Food Guide* and *Eating Well with Canada's Food Guide: First Nations, Inuit and Métis*. All included text is as it appears on the original Health Canada documents.

# Canada's Food Guide

**The Food Guide shows how many servings to choose from each food group every day and how much food makes a serving.**

How to use *Canada's Food Guide*:

1. Find your age and sex group in the chart below.
2. Follow down the column to the number of servings you need for each of the four food groups every day.
3. Look at the examples of the amount of food that counts as one serving. For instance, 125 mL (½ cup) of carrots is one serving in the Vegetables and Fruit food group.

## Recommended Number of Food Guide Servings per day

	Children 2–3 years old	Children 4–13 years old	Teens and Adults (female)	Teens and Adults (male)
<b>Vegetables and Fruit (fresh, frozen and canned)</b>	4	5–6	7–8	7–10
<b>Grain Products</b>	3	4–6	6–7	7–8
<b>Milk and Milk Alternatives</b>	2	2–4	Teens: 3–4 Adults: 2 Adults 51+: 3	Teens: 3–4 Adults: 2 Adults 51+: 3
<b>Meat and Meat Alternatives</b>	1	1–2	2	3

## Eating Well Every Day

*Canada's Food Guide* describes healthy eating for Canadians two years of age or older. Choosing the amount and type of food recommended in *Canada's Food Guide* will help:

- children and teens grow and thrive
- meet your needs for vitamins, minerals and other nutrients
- lower your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis (weak and brittle bones).

## What is one Food Guide Serving?

Look at the examples below.

<b>Vegetables and Fruit (fresh, frozen and canned)</b>	Eat at least one dark green and one orange vegetable each day. Choose vegetables and fruit prepared with little or no added fat, sugar or salt. Have vegetables and fruit more often than juice.					
	<b>Dark green and orange vegetables</b> 125mL (½ cup)	<b>Other vegetables</b> 125mL (½ cup)	<b>Leafy vegetables and wild plants</b> • Cooked 125mL (½ cup) • Raw 250mL (½ cup)	<b>Berries</b> 125mL (½ cup)	<b>Fruit</b> 1 fruit or 125mL (½ cup)	<b>100% juice</b> 125mL (½ cup)
<b>Grain Products</b>	Make at least half of your grain products whole grain each day. Choose grain products that are lower in fat, sugar or salt.					
	<b>Bread</b> 1 slice (35g)	<b>Bannock</b> 35g (2" x 2" x 1")	<b>Cold cereal</b> 30g (see food package)	<b>Hot cereal</b> 175mL (¾ cup)	<b>Cooked pasta</b> 125mL (½ cup)	<b>Cooked rice White, brown, and wild</b> 125mL (½ cup)
<b>Milk and Milk Alternatives</b>	Drink 500mL (2 cups) of skim, 1% or 2% milk each day. Select lower fat milk alternatives. Drink fortified soy beverages if you do not drink milk.					
	<b>Milk Powdered milk, mixed</b> 250mL (1 cup)	<b>Fortified soy beverage</b> 250mL (1 cup)	<b>Canned milk (evaporated)</b> 125mL (1 cup)	<b>Kefir</b> 175g (¾ cup)	<b>Yogurt</b> 175g (¾ cup)	<b>Cheese</b> 50g (1½ oz.)
<b>Meat and Meat Alternatives</b>	Have meat alternatives such as beans, lentils and tofu often. Eat at least two Food Guide Servings of fish each week. Select lean meat and alternatives prepared with little or no added fat or salt.					
	<b>Traditional meats and wild game</b> 75g cooked (2½ oz.) or 125mL (½ cup)	<b>Fish and shellfish</b> 75g cooked (2½ oz.) or 125mL (½ cup)	<b>Lean meat and poultry</b> 75g cooked (2½ oz.) or 125mL (½ cup)	<b>Eggs</b> 2 eggs	<b>Beans — cooked</b> 175mL (¾ cup)	<b>Peanut butter</b> 30mL (2 tbsp.)

## Reading the Label

Nutrition labels tell you how many nutrients are in the food based on a measured portion of the food called the serving size. All food labels list the product's ingredients in order by weight. The ingredient in the greatest amount is listed first. For healthy food choices, try to avoid foods that list oils, fats, salt, glucose, fructose, sugar or corn syrup within the first few ingredients.

1. The first place to look is the serving size. All of the calculations for the food are based on the serving size.
2. Remember that daily values are based on the daily value recommendations for a 2,000 calorie daily diet. On average, 5% of the daily value is considered low and 20% is considered high.
3. The number of calories tell you the amount of energy in the food. If you are trying to lose or maintain your weight, the number of calories you eat counts. Compare the labels of some of your favourite foods.
4. The most important number aside from the total number of fat grams, is the saturated fat grams.

Ideally you should try to consume products with low or no saturated fat.

5. Sodium and cholesterol numbers on nutrition labels are particularly important for those with high blood pressure or high blood cholesterol.
6. Carbohydrates include the breakdown for grams of sugar and grams of dietary fibre.

Ideally you should aim for products low in sugar but high in dietary fibre.

### Nutrition Facts

Per 0 mL (0 g)

Amount	% Daily Value	
<b>Calories</b>	0 g	
<b>Fat</b>	0 g	0%
Saturates	0 g	0%
+ Trans	0 g	
<b>Cholesterol</b>	0 g	
<b>Sodium</b>	0 g	0%
<b>Carbohydrate</b>	0 g	0%
Fibre	0 g	
Sugars	0 g	
<b>Protein</b>	0 g	

Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 0%

Vitamin/Mineral	Benefits	Sources
<b>Vitamin A</b>	<ul style="list-style-type: none"> <li>Keeps eyes, skin, membranes and immune systems healthy.</li> <li>Helps night vision.</li> <li>Keeps bones and teeth strong.</li> </ul>	<ul style="list-style-type: none"> <li>Dairy products, dark green/orange/yellow fruits and vegetables, liver and salmon.</li> <li>Caribou liver, moose liver, fish liver, beaver liver and dark green wild plants**.</li> </ul>
<b>B Vitamins</b> Thiamine B <sup>1</sup> Riboflavin B <sup>2</sup> Niacin B <sup>3</sup> Pantothenic acid B <sup>5</sup> Pyridoxine B <sup>6</sup> Cyanocobalamin B <sup>12</sup>	<ul style="list-style-type: none"> <li>Helps break down and use carbohydrates, fats and proteins.</li> <li>Assists in tissue formation and promotes normal growth and development.</li> <li>Vitamin B12 assists in red blood cell formation</li> </ul>	<ul style="list-style-type: none"> <li>Eating a variety of foods such as meat, poultry, fish, milk, dairy products, nuts, beans, eggs, grains and vegetables &amp; fruits (sweet potatoes, broccoli, carrots, bananas etc.) will provide the body with a variety of B vitamins.</li> <li>Muskrat meat, raw duck meat, rabbit meat, beaver meat, goose meat, grouse meat and fish (including the head &amp; eggs)*.</li> </ul>
<b>Vitamin C</b>	<ul style="list-style-type: none"> <li>Helps to break down fats and proteins.</li> <li>Keeps bones, teeth, gums and cartilage healthy.</li> <li>Helps heal wounds and form connective tissue.</li> <li>Antioxidant, meaning it helps to protect against cell damage.</li> </ul>	<ul style="list-style-type: none"> <li>Most fruits and vegetables.</li> <li>Fish eggs, wild plants and berries***.</li> </ul>
<b>Vitamin D</b>	<ul style="list-style-type: none"> <li>Helps ensure the growth and maintenance of healthy bones and teeth.</li> <li>Assists in the absorption and use of calcium and phosphorus.</li> </ul>	<ul style="list-style-type: none"> <li>Cod liver oil, cooked salmon, cooked mackerel, sardines, canned light tuna, milk, margarine, egg yolk and beef liver. The sun is not a dietary source, but it is an adequate source of vitamin D.</li> </ul>
<b>Vitamin E</b>	<ul style="list-style-type: none"> <li>Antioxidant.</li> </ul>	<ul style="list-style-type: none"> <li>Safflower and sunflower oil, almonds, sunflower seeds and margarine, mayonnaise and salad dressings made from unsaturated vegetable oils.</li> </ul>
<b>Vitamin K</b>	<ul style="list-style-type: none"> <li>Helps to keep bones strong and healthy.</li> </ul>	<ul style="list-style-type: none"> <li>Leafy greens (broccoli, spinach, peas etc.) and plant based oils &amp; margarines (soybean and canola).</li> </ul>

\*Types of traditional fish include pickerel, walleye, jackfish, pike, whitefish, lake trout, grayling, suckers and coni.

\*\* Types of traditional wild plants include dandelion greens, lamb's quarters, dock and fireweed.

\*\*\* Types of traditional berries include saskatoon berries, strawberries, cranberries, currents, gooseberries, blueberries and cloudberries.

Vitamin/Mineral	Benefits	Sources
<b>Folate</b>	<ul style="list-style-type: none"> <li>• Helps to reduce the risk of neural tube defects when taken daily prior to becoming pregnant, and during the early pregnancy.</li> <li>• Helps the body to metabolize, or to break down and use, proteins.</li> <li>• Helps to form red blood cells.</li> </ul>	<ul style="list-style-type: none"> <li>• Dried peas and beans, leafy greens (asparagus, romaine lettuce, etc.), citrus fruits &amp; juices and enriched flours, rice and pastas.</li> </ul>
<b>Calcium</b>	<ul style="list-style-type: none"> <li>• Plays a large role in the development and maintenance of healthy bones and teeth.</li> </ul>	<ul style="list-style-type: none"> <li>• Milk and dairy products, tofu made with calcium, beans (navy, kidney, pinto, chickpea), sesame seeds, almonds, kale, rutabaga, blackstrap molasses, seaweed.</li> <li>• Fish heads, wild plants.</li> <li>• Bannock made with baking soda.</li> </ul>
<b>Iron</b>	<ul style="list-style-type: none"> <li>• Helps to create red blood cells and ensures they are functioning properly.</li> </ul>	<ul style="list-style-type: none"> <li>• Meat, fish, poultry, beans (kidney, navy, pinto, chick), nuts (almonds, peanuts) and enriched grain products.</li> <li>• Caribou liver &amp; blood, moose liver &amp; blood, fish eggs, muskrat, beaver (and beaver liver), rabbit, goose, duck (and duck eggs) and grouse.</li> </ul>
<b>Magnesium</b>	<ul style="list-style-type: none"> <li>• Helps the body break down and use carbohydrates, fats and proteins.</li> <li>• Assists in tissue formation.</li> <li>• Helps to ensure proper muscle function.</li> <li>• Helps bones and teeth develop and keeps them strong.</li> </ul>	<ul style="list-style-type: none"> <li>• Nuts (almonds), seeds (sunflower), green leafy vegetables, beans (kidney, navy, pinto) and yogurt.</li> </ul>
<b>Selenium</b>	<ul style="list-style-type: none"> <li>• Antioxidant.</li> </ul>	<ul style="list-style-type: none"> <li>• Brazil nuts, beef, pork, poultry, fish, grains, beans and dairy products.</li> <li>• The selenium content in food depends on where the food was grown or the animal was raised, based on the selenium content in the soil.</li> </ul>
<b>Zinc</b>	<ul style="list-style-type: none"> <li>• Helps the body break down and use carbohydrates, fats and proteins.</li> <li>• Assists in connective tissue formation, keeps skin healthy and maintains immune function.</li> </ul>	<ul style="list-style-type: none"> <li>• Beef and pork, whole grains, beans and oysters.</li> </ul>

**Fluid Measures**

1 tsp.	1/3 tbsp.	1/6 oz.	5 mL
3 tsp.	1 tbsp.	1/2 oz.	15 mL
2 tbsp.	1/8 cup	1 oz.	30 mL
4 tbsp.	1/4 cup	2 oz.	60 mL
8 tbsp.	1/2 cup	2 1/2 oz.	80 mL
16 tbsp.	1 cup	8 oz.	250 mL
2 cups	1 pint	16 oz.	500 mL
2 pints	1 quart	32 oz.	1 L

**Dry Measures**

4 oz.	1/4 lb.	113 g
8 oz.	1/2 lb.	227 g
16 oz.	1 lb.	454 g
32 oz.	2 lb.	908 g
35 oz.	2.2 lb.	1 kg

**Cooking Temperatures**

Goose	350°F
Duck breast	350°F
Rabbit	350°F
Caribou	350°F
Bear steak or roast	300°F to 325°F
Moose	350°F
Moose ribs	350°F

These are all approximate temperatures.  
Cooking times will vary according to weight

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