



INDIGENOUS CHEF SERIES

*I Love
Native Food*

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C O O K B O O K
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A B O U T M A R I A H

Gladstone



Mariah Gladstone (Blackfeet, Cherokee) grew up in Northwest Montana. She graduated from Columbia University with a degree in Environmental Engineering and returned home where she developed Indigikitchen. Mariah has been recognized as a “Champion for Change” through the Center for Native American Youth, a “Culture of Health Leader” through the Robert Wood Johnson Foundation, and an MIT Solve Indigenous Communities Fellow. She serves on the board of the FAST (Food Access and Sustainability Team) Blackfeet. Mariah is a Sloan Scholar currently completing her Master’s Degree at SUNY - ESF through the Center for Native Peoples and the Environment.



@indigikitchen



@mariahgladstone



Bison & Wild Rice Stuffed Peppers

INGREDIENTS

- 2 bell peppers
- 1/2 lb. ground bison
- 1/2 cup wild rice, uncooked
- 1/2 cup carrots, shredded
- 1 Tbsp. wild garlic

RECIPE OPTIONS

Feel free to substitute another type of burger like elk, venison, moose, or in a pinch, grass-fed beef. You can also choose to season your peppers with different seasonings, including commercially raised and processed garlic. If you are a fan of spicy food, add some chile powder, red peppers, even some salsa or hot sauce.

INSTRUCTIONS

1. Add 1/2 cup wild rice and 1 cup of water to a pot and simmer covered until water is absorbed (about 45 minutes) Preheat oven to 350° F
2. Brown ground bison meat with wild garlic. Add shredded carrots once bison meat is completely cooked. Save some shredded carrots for garnish.
3. Cut bell peppers in half and remove stems and seeds. Place peppers in boiling water for about 10 minutes to soften their skins. Place hollow side up on a baking sheet
4. Mix browned bison and cooked wild rice together and scoop to fill the peppers. Top with remaining carrots.
5. Bake at 350° F for 10 minutes. Serve warm!





Bison Sweet Potato Poblano Stew

INGREDIENTS

For Coating Mixture :

1 tsp paprika	1 tsp salt
1 tsp thyme	1/2 cup masa
1 tsp chili powder	Oil (for browning)

For stew:

1 lb. of bison stew meat
2 parsnips
2 carrots
2 poblano peppers
2 sweet potatoes
4 cups of beef, bison, or vegetable broth
2 cups of water

INSTRUCTIONS

1. Mix flour mixture together and coat chunks of stew meat.
2. Heat oil in a frying pan and brown the outside layer of the meat. Remove from heat and set aside.
3. Cut parsnips, peel and cut carrots, remove seeds and stem from poblanos, and peel and cut sweet potatoes.
4. Add meat, parsnips, carrots, poblanos, and sweet potatoes to slow cooker.
5. Add 4 cups of broth and 2 cups of water.
6. Cover and cook on low for 6-8 hours or until meat is tender.



Instapot Butternut Squash Soup

2 carrots, peeled and chopped
1/3 cup onion (or wild onion), chopped
1 butternut squash
Oil (for sautéing)
4 cups bone broth
1 tsp. garlic (or wild garlic)
1/4 cup wild turnip (optional)

INSTRUCTIONS

1. Peel and chop carrots and onions.
2. Remove skin and seeds from squash and chop into large chunks.
3. Sauté carrots and onions in InstaPot for 5 minutes.
4. Add squash, broth, turnip, and garlic, and pressure cook on high for 15 minutes.
5. Quick release pressure.
6. After pot depressurizes, open lid and blend thoroughly.*

*An immersion blender works great for this, but you can place the contents into a blender or food processor to purée.

A B O U T J A S O N

Champagne



Native Chef Jason Champagne is originally from Baldwin, KS and is a member of the Red Lake Band of Chippewa (MN). He is currently the Chef/Owner of Native Chef LLC. After saving enough money by working construction, he attended and graduated from Le Cordon Bleu Culinary Arts School at Brown College in MN. He then spent several years working as a chef for Walt Disney World in Florida. As part of a significant life change, including a renewed focus on his own physical and mental health. He returned to school and received and received a bachelor's degree in Community Nutrition and Indian Studies from the University of North Dakota. He then went on to receive a Master's degree in Public Health Nutrition from the University of Minnesota School of Public Health. Upon graduating with his MPH, he accepted a community wellness chef position for the Shakopee Mdewakanton Sioux community. There he developed a cooking program for the community members of the tribe teaching them how to cook healthier. Wishing to return to his home state, he moved back to Kansas in 2017 and opened his own business "Native Chef LLC". Through his business, his goal is to help other Native Americans understand the basics of culinary arts, incorporate basic strategies to improve the overall nutrient content of foods, and incorporate traditional foods into contemporary food styles. He believes food can be a powerful, positive medicine, and learning how to cooking is the key to making it healthy, affordable and delicious.



@jasonthenativechef



@nativechefllc



Corn Cakes

INGREDIENTS

- 1 cup all-purpose flour
- 1 cup cornmeal
- 1 teaspoon baking powder
- 1 teaspoon sugar
- ½ teaspoon salt
- 1 tablespoon butter, melted
- 1 egg
- 1 cup milk
- 1/3rd cup water
- 2 ½ tablespoons canola oil (divided)

INSTRUCTIONS

1. In a mixing bowl, add the flour, cornmeal, baking powder, sugar, and salt; mix together.
2. In a separate microwave safe bowl, melt the butter (20 seconds). To the same bowl, add the egg and milk; mix well.

3. Gradually mix the wet ingredients into the dry ingredients. Mix well so there are no visible lumps in the batter. The consistency should be thick vs. thin.
4. Heat 1 tablespoon oil in a not-stick pan over medium-heat. Spoon the batter into the pan using one large spoonful for each cake. Depending on the size of your pan, you should be able to cook 3 to 4 cakes at a time.
5. Cook the cakes for about 2 minutes on first side. The edges of the cakes will begin to turn dry and there will be holes on top of the cakes appearing. Flip over and cook for additional 2 minutes.
6. Repeat process of adding oil and then the cake batter until all are cooked. You may only need ½ tbsp of oil prior to cooking the next sets of cakes.





3 Sisters Soup Chicken & Wild Rice

- 3 tablespoons olive oil
- 2 cloves garlic, finely chopped
- 1 medium sweet onion, small dice
- 4 stalks celery, small dice
- 1 lb. chicken breast, raw, medium dice
- 1 ½ tablespoons basil, fresh, finely chopped
- 1 ½ tablespoons oregano, fresh, finely chopped
- 1 teaspoon black pepper
- 1 cup uncooked wild rice, rinsed, drained
- 1 (32 oz) container chicken stock, low-sodium (if available)
- 3 tablespoons arrowroot (can substitute corn starch)
- 1/3 cup water
- 1 (15-oz) can Pinto beans, rinsed, drained
- 1 (12 oz) package frozen corn, partially thawed
- 1 teaspoon Kosher salt
- 1 each zucchini, medium size, small dice
- 1 each yellow squash, medium size, small dice
- ¼ cup Italian parsley, finely chopped (optional)

INSTRUCTIONS

1. Pre-heat a soup pot over medium heat, add the garlic, onion, celery, and chicken breast. Cook until chicken become opaque white, and vegetables begin to release moisture (about 5 – 7 minutes). Add basil, oregano, and black pepper. Stir these ingredients into the meat and vegetables; add wild rice and chicken stock.
2. Simmer for at least 30 to 45 minutes. You could cook even longer (up to a few hours).
3. About 15 minutes prior to serving, make a slurry with the arrowroot and water by mixing them together (this will thicken the soup). Add to the pot, stir in very well.
4. Add beans, and corn; continue cooking for approximately 8-10 minutes.
5. Just before serving, add salt; taste, add more if desired. Add the diced zucchini and squash. You don't want to overcook them; they will hold their color and texture adding just prior to service.
6. Ladle soup into serving bowls, garnish with chopped parsley.

INGREDIENTS

- 1 cup wild rice
- 2 ¾ cups water
- ¼ sweet onion, small size, fine dice (about 2 tablespoons)
- ½ celery stalk, fine dice
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons cranberries, dried

INSTRUCTIONS

1. Rinse and drain rice three times, drain well. Add rice to a small sauce pan with a lid. Add water; bring to a full boil.
2. Once at a boil, cover, adjust heat to low setting. Cook covered for 35 minutes; do not take cover off the entire cooking time.
3. After 35 minutes, turn off heat, add onion and celery; cover again and let steep for an additional 10 minutes.
4. Uncover, add cranberries, stir in salt and pepper; remove to a serving dish.

Cranberry Wild Rice Pilaf



A B O U T C R Y S T A L

Wahpepah



The first Native contestant to appear on the Food Network's 'Chopped', Crystal Wahpepah is in high demand around the country preparing her signature feasts of beautifully plated Indigenous dishes such as buffalo blueberry stew, three sisters salad with wild red rice, and blue corn flan with hibiscus berry sauce.

Crystal does not merely cater events and go—she speaks on where her food comes from and honors its roots, its Indigenous cultivators and stewards and its place within the seasons. This is why you will always see diversity in her food, because Wahpepah's Kitchen honors the seasons with changing menus and product availability. Crystal's creations through food and community shine with joy, lightness of heart, and are led by a solid internal compass.



@wahpepahskitchen



wahpepahskitchen.com



Roasted Butternut Squash & Maple

INGREDIENTS

- 1 medium butternut squash
- 1 tablespoon of coconut oil
- 1/3 of pure maple syrup
- 1 tsp cinnamon
- 1/4 fresh berries of your like

INSTRUCTIONS

1. Cut squash in a half lengthwise and discard seeds
2. Place cut side down in the oven at 300 degrees in 1/2 in of water
3. Bake until your fork slides through in 20 mins when cool enough to scoop out pulp and mash stir in coconut oil and maple and cinnamon let cool add fresh fruit of your liking .
4. Butternut squash is a winter food made for soups or desserts they keep for up to six months in a dark place. tribes kept this in their diet and the seeds .



A bowl of breakfast corn mash topped with fresh raspberries, blueberries, and sliced almonds. A purple pansy flower is placed on the side.

Breakfast Corn Mash

INGREDIENTS

- 1 cup of cornmeal
- 1/4 salt
- 3 cup of boiling water
- Boil 2 cups of water

Optional toppings

Maple, fresh fruit , Chia seeds , and nuts

INSTRUCTIONS

1. Boil water in a small to medium saucepan
2. Add cornmeal mix thoroughly
3. Turn heat down to low and mix well
4. Stir for 2-3 minutes until lumps are gone
5. Add in bowl and top with your favorite toppings

INGREDIENTS

- 1 pint of blueberries
- 5 cups of water
- 1/2 cup of hibiscus dry flowers
- 1/4 of maple

A close-up of a glass pitcher pouring blueberry tea into a glass. The tea is a deep purple color with visible blueberries and hibiscus flowers.

Blueberry Tea

INSTRUCTIONS

1. Wash blueberries
2. Add blueberries and hibiscus
3. Bring cups of water to boil
4. Add maple serve cold or hot



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