

Pemmican

These high-protein travel cakes were used by the Native Americans of the high plains. This recipe is from the Blackfoot and Cree tribes.

Ingredients

3 cups shredded buffalo jerky
1 cup roasted sunflower seeds
1/2 cup roasted yellow cornmeal
1/2 to 1 cup sunflower **or** corn oil
1 cup Saskatoon berries, **or** buffalo berries, **or** raisins

Utensils

measuring cup
iron frying pan
mixing bowl
wooden spoon
plastic wrap

Shell the sunflower seeds and roast them in a dry frying pan on the stove over medium high heat. Roast the cornmeal in a dry frying pan on the stove over medium high heat until it is slightly brown. Shred the jerky into the mixing bowl. The dish can be prepared up to this point in advance. Add all the ingredients to the jerky in the mixing bowl and mix thoroughly with the wooden spoon. Form the mixture into cakes or patties with your hands. Serve as is, or wrap the pemmican individually in plastic wrap and store in the refrigerator until needed. Pemmican can be made in advance of the meal.