

Métis Recipes

Boulettes (For Six):

- 1 kilogram of ground beef, moose or deer
- 3 large onions diced
- 2 litres of water
- Salt and pepper to taste
- Flour
- 6 medium potatoes peeled and cut in quarters (optional)
- 6 medium carrots cut in pieces (optional)

Boil water in a large soup pot, adding salt and pepper, potatoes and carrots. Form the ground meat and onions into balls and roll in flour. Place the meatballs in the boiling water and simmer over medium heat until done, adding a water and flour paste to thicken the broth.

Or:

- 1 kilogram of lean ground beef
- Medium onion chopped fine
- 1-1/2-teaspoon of salt
- 1/2-teaspoon of black pepper
- 1/2-cup of flour to mix into meat to hold everything together

Mix well and roll into 6 centimetre balls and roll into the flour once more. Put the meatballs into a quart of boiling water with one teaspoon of salt, and let them simmer for 60 minutes.

Beignes (Doughnuts):

- 2 packages of fast rising yeast
- 1/2 cup of lukewarm water
- 1-teaspoon of sugar
- 1/2 cup of oil
- 1/2 cup of sugar
- 1-tablespoon of salt
- 2 beaten eggs
- 5 cups of water
- 9 cups of flour

Mix together the first three ingredients and let stand for 10 minutes. Mix the next four ingredients and add the yeast mixture. Add the lukewarm water to the combined ingredients and mix until smooth. Slowly add the flour, and with oiled hands knead the mixture until the dough is soft but not sticky (add flour until you have the proper consistency). Let rise for one hour. Then, cover with waxed paper and punch the dough down, letting it set for another half hour. Knead the dough into a two centimetre thick mass, slicing the dough into pieces. Make two cuts on the surface of each piece. Deep fry the pieces of dough in melted shortening, about one minute per side.

Bannock (For Six):

- 6 cups of flour
- 3 teaspoons of baking powder
- 1/2-teaspoon of salt
- 125 grams of lard or bacon grease (if you are health conscious, use margarine)
- 2 cups of water

In a large bowl mix the flour, the baking powder and the salt together. Rub in the lard or grease until everything is mixed well. Add enough warm water to make a soft ball of dough. Flour a board or a counter top and pat or roll the dough with a rolling pin on it until it is about three centimetres thick. Let sit for 10 minutes, and then prick the entire mass with a fork. Bake at 350°F until golden brown, which is about 20 minutes. Serve with butter, lard, jam or bacon.

Rabbit Stew with Salt Pork:

- 120 grams of salt pork cut in pieces
- 2 rabbits cut up in serving pieces

Put everything in a pot of boiling water and add one sliced carrot and one small chopped onion. Stew for two hours until tender, adding flour to thicken the broth.

Wild Ducks:

- 2 wild ducks (mallards)
- 1-teaspoon of salt
- 1/2-teaspoon of black pepper
- 1 small carrot sliced
- 1 small onion chopped

After the ducks are plucked and cleaned, singe them on an open flame or a wood fire. Cut them up in serving pieces and put in a pot with enough boiling water to cover. Add salt, black pepper, the sliced carrot and the chopped onion. Simmer for two to three hours until the meat is tender, adding flour to thicken the broth.

Muskrat:

Boil muskrat in four cups of salted water for 1 1/2 hours or until tender. Or roast in oven for two hours with plenty of lard, seasoned to taste with salt and pepper.

Wild Rice (For Six):

- 1 cup of wild rice
- 4 cups of water
- 1-teaspoon of salt

Wash wild rice by placing it in a strainer and running cold water through it. Combine the ingredients in a saucepan and heat to a boil. Cover and simmer over low heat for 40-50 minutes until the rice is tender. Remove the cover and fluff rice with a fork. Cook five more minutes and serve.

Wild Rice Pancakes (For 16 to 18 Pancakes):

- 1/4-cup of wild rice
- 2 cups of flour
- 1/2-teaspoon of salt
- 2-tablespoons of sugar
- 1 1/2 cups of boiling water
- 2-teaspoons of baking powder
- 2 eggs
- 1-teaspoon of baking soda
- 2 cups of buttermilk
- 1-teaspoon of salt
- 2-tablespoons of melted butter

Cook wild rice in boiling salted water until soft and partially puffed. Beat eggs until light and fluffy and stir in buttermilk. Sift together flour, sugar, baking powder, baking soda and salt. Gradually add the flour mixture to the liquid, beating to make a smooth and thin batter. Stir in the melted butter and the cooked wild rice. Drop a 1/4-cup of the mixture onto a hot buttered griddle, turning once.

Pudding in a Bag (*Poutchine au sac*):

- 1/2-cup of fine beef suet
- 2 cups of flour
- 1/2-cup of brown sugar
- 1/2-teaspoon of salt
- 1 cup of raisins
- 4 teaspoons of baking powder
- 1/2-cup of currants
- 3/4-cup of milk
- 1-teaspoon of pastry spice

Mix all the dry ingredients together then add the milk. Pour mixture in two large (a litre-plus) sealer jars and steam for 2 1/2 to 3 1/2 hours. When ready to be eaten, serve with sauce (below).

Sauce:

- 1/2-cup of white sugar
- 1/2-teaspoon of lemon extract
- 1-tablespoon of cornstarch
- 1/2-teaspoon of vanilla
- 1 cup of boiling water
- 1/4-teaspoon of nutmeg
- 2 tablespoons of butter

Mix sugar and cornstarch then stir into boiling water. Boil for five minutes and remove from heat, adding butter and flavouring.

Adapted From:

Paquin, Todd, Dorion, Leah, and Préfontaine, Darren R. "Métis Food and Diet".

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