

November is National Native American Heritage Month

PEMMICAN RECIPE



Ingredients

- Dried meat such as buffalo, game or beef.
- Dried chokecherries or juneberries, use about the same amount as the dried meat
- Sugar to taste.
- Lard to hold together. Do not use shortening or butter.

Directions

Pound meat very thin and dry in the oven. Grind the dried meat in a food processor. Add the chokecherries and blend together. The consistency should be dry and loose with fruit broken up. Add melted lard slowly while mixing. Two tablespoons of fat are used for each 4-5 ounces of meat plus 1/3 cup of fruit. Fat changes the consistency and makes it appear semi-moist instead of dry and improves the flavor and texture. Store in paper bags.

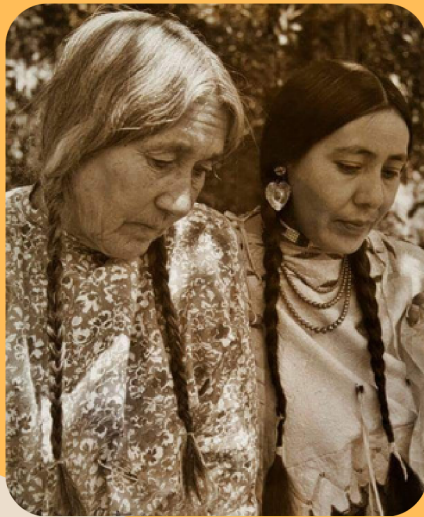


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