

(NCL) CONTEMPORARY ACORN BREAD

1	cup	acorn meal
1	cup	all-purpose flour
2	tablespoon	baking powder
1/2	teaspoon	salt
3	tablespoon	sugar
1		egg, beaten
1	cup	milk
3	tablespoon	oil

Sift together, acorn meal, white flour, baking powder, salt and sugar. In separate bowl, mix together egg, milk, and oil. Combine dry ingredients and liquid ingredients. Stir just enough to moisten dry ingredients. Pour into a greased pan and bake at 400°F. for 30 minutes.

From: "Mignonne " <mignonne-A@c...> Date:

Yield: 4 servings

ABOUT ACORNS

1 acorns

There are more than 60 species of oak trees throughout North America, and all produce edible acorns. Oaks are broadly divided into two groups: red (or black) oaks, which produce nuts with a bitter taste (a result of high tannin content), and white oaks, which contain less tannin and are considerably sweeter. The annual nut crop from oak trees in North America surpasses the combined yearly yield of all other nut trees, both wild and cultivated. Acorns provide a complete vegetable protein, up to 7 percent by weight in some species of oak. More than half their bulk consists of energy-rich carbohydrates.

From: "Manyfeathers 1" <manyfeathers1@yadate: Fri, 31 Oct 2003 15:07:16 ~0000

Yield: 4 servings

ACORN 2

1 info acorn

I have made flour from acorns for years but never boiled them. I always use the acorns from the white oak and soak them for three days. I change the water every day. Then I lay them on a screen to dry for sometimes two weeks or roast them in the oven (which has a distinct nutty odor). It always depends on how much time I have. I would think that boiling them would remove some of the flavor.

ACORN BAKING

info

Several other ethnic food enthusiasts like to substitute acorn meal for corn meal when making muffins -- usually using 1/2 corn meal and 1/2 acorn. Some have substituted 1/2 of the flour in a biscuit recipe with 1/2 acorn meal. Experiment carefully, remembering that a good portion of the work performed by flour has to do with the gluten in the flour. Sorry, acorn has no gluten, so you'll have to keep this in mind. Here is a modern Acorn Bread recipe from the book *Cooking with Spirit, North American Indian Food and Fact* by Darcy Williamson and Lisa Railsback, Copyright 1987 by Darcy Williamson. Published by Maverick Publications, Drawer 5007, Bend, Oregon 97701. Used for a children's class in California Indian Culture which I do periodically.

ACORN BREAD

1 x no ingredients

>>> Part 2 of 2...

: 1 c Acorn meal
: 1 c Flour
: 2 tb Baking powder
1/2 ts Salt
: 3 tb Sugar
: 1 Egg, beaten
: 1 c Milk

: 3 tb Oil

Sift together, acorn meal, white flour, baking powder, salt and sugar. In separate bowl, mix together egg, milk, and oil. Combine dry ingredients and liquid ingredients. Stir just enough to moisten dry ingredients. Pour into a greased pan and bake at 400°F. for 30 minutes.

Native Indian Wild Game, Fish and Wild Foods Cookbook Fox Chapel Publishing Co. 1992 From: Bobby Queen Date: 08 Sep 99

Yield: 1 loaf

ACORN BREAD

1	cup	acorn meal
1	cup	flour
2	tablespoons	baking powder
1/2	teaspoon	salt
3	tablespoons	sugar
1		egg, beaten or egg substitute
1	cup	milk (i use soy or rice milk- works; fine)
3	tablespoons	oil

Very tasty, with a distinctive texture. Great for Thanksgiving! American colonists in the Northeast used all available food sources- acorn bread is an adaptation of a Native American recipe which was somewhat common in the late 17th century until the mid 19th among the poorer working classes.

1. Heat oven to 400 degrees.
2. Grease a loaf pan.
3. Sift together dry ingredients in a bowl.
4. In a separate bowl, combine egg, milk, and oil.
5. Combine dry and liquid ingredients.
6. Stir just enough to moisten dry ingredients.
7. Batter will be a bit lumpy.
8. Pour into a greased pan, bake at 400 degrees for 30 minutes.
9. Acorns are very easy to use, similar to chestnuts.
10. First examine the acorns as you pick/gather them.
11. Throw away any that are wormy/moldy/cracked/etc.
12. Next, shell them.
13. Early in the season (August-September) the shell is usually soft enough to cut through.

14. Later in the season acorns may require a nut cracker, though many times the shells are rather thin and brittle.

15. Taste the raw acorns- if they are bitter, they need to be boiled.

16. Tannic acid causes the bitterness, and is easily leached out by boiling the acorns in successive pots of water.

17. When the water no longer turns brown (looks a lot like tea), the acorns are ready.

18. The next step is to roast the acorns slightly.

19. Use a warm oven, no more than 250 degrees.

20. Acorns that have not been boiled will take 60 minutes or so, boiled acorns will take longer.

21. Once they're roasted, the acorns can be used in place of nuts in most recipes, although they are less oily than most nuts.

22. They can be glazed like chestnuts, simmered in a soup, ground and used as a flour extender.

Yield: 1 loaf

Preparation Time (hh:mm): 20 mi

ACORN BREAD

By: Burning Tree Restaurant

1	cup	acorn meal
1	cup	all-purpose flour
1	tablespoon	baking powder
1/2	tsp	salt
3	tablespoon	sugar
1	pc	egg; beaten
1	cup	milk
1	tablespoon	oil

Sift together, acorn meal, white flour, baking powder, salt and sugar. In separate bowl, mix together egg, milk, and oil. Combine dry ingredients and liquid ingredients. Stir just enough to moisten dry ingredients. Pour into a greased pan and bake at 400F. for 30 minutes.

Yield: 1 loaf

ACORN BREAD

1	cup	cup	acorn flour
1	cup		whole wheat flour (can be 3/4 cup w; heat and 1/4 cup carob f or just use a total of 2 cups acorn; flour)
3	teaspoon		baking powder
1	teaspoon		salt
3	tablespoons		honey
1			egg
1	cup		raw milk
3	tablespoons		oil

Mix well and bake in a greased loaf pan for 30 to 45 minutes at 300 degrees F.

ACORN BREAD

text

The Indians mixed the acorn meal or flour with meat soup or water to make a stiff dough. Salt was added to the dough. The acorn dough was made into round loaves, wrapped in fern leaves, and placed in ashes for slow heat cooking that turned the bread black. Another method was to place the thick dough on a two forked stick and cook quickly over hot coals. If baking powder was available, the acorn meal was mixed with baking powder, salt, and water. This dough was either baked or fried in a pan. While not 'traditional' recipes these are still very good. Sent to us by SkyWarrior's Blood-Sister Lori.

ACORN BREAD

1	cup	acorn flour
1	cup	whole wheat flour
		or
3/4	cup	whole wheat flour
1/4	cup	carob flour
		or
2	cup	acorn flour
3	tsp	baking powder
1	tsp	Salt
3	tbl	honey
1	pc	egg
1	cup	milk
3	tbl	oil

Mix well and bake in a greased loaf pan for 30 to 45 minutes at 300 degrees F.

ACORN BREAD

2	cups	flour
2		eggs, beaten
2	tsp	baking powder
2	tsp	ginger
1	cup	honey
2	cups	milk
2	tsp	salt
1	cup	chopped acorns
		margarine
2	tsp	baking soda

Grease two loaf pans with margarine. Mix together all dry ingredients, thoroughly. Beat eggs, gradually adding milk. Add egg mixture alternately with honey to dry ingredients. Beat well. Stir in acorns and pour evenly into loaf pans. Bake in cardboard oven at 350 for 45 minutes or until golden. If bread is done, it will come out of pan easily when pan is turned over and tapped gently. If not, bake for another 10-15 minutes. Remove

bread from pan immediately when done and cool. This spicy bread always tastes better the second day when its flavors have had a chance to mellow and blend.

ACORN BREAD

1	c	acorn meal
1	c	flour
2	T	baking powder
1/2	ts	salt
3	T	sugar
1		egg, beaten
1	c	milk
3	T	oil

Sift together, acorn meal, white fl

Yield: 1 loaf

ACORN BREAD

1	cup	acorn meal
1	cup	flour
2	tablespoons	baking powder
1/2	teaspoon	salt
3	tablespoons	sugar
1		egg, beaten or egg substitute
1	cup	milk (i use soy or rice milk- works; fine)
3	tablespoons	oil

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14. Later in the season acorns may require a nut cracker, though many times the shells are rather thin and brittle.
15. Taste the raw acorns- if they are bitter, they need to be boiled.
16. Tannic acid causes the bitterness, and is easily leached out by boiling the acorns in successive pots of water.
17. When the water no longer turns brown (looks a lot like tea), the acorns are ready.
18. The next step is to roast the acorns slightly.
19. Use a warm oven, no more than 250 degrees.
20. Acorns that have not been boiled will take 60 minutes or so, boiled acorns will take longer.
21. Once they're roasted, the acorns can be used in place of nuts in most

recipes, although they are less oily than most nuts.

22. They can be glazed like chestnuts, simmered in a soup, ground and used as a flour extender.

Yield: 1 loaf

Preparation Time (hh:mm): 20 mi

ACORN BREAD (MODERN)

6	T.	cornmeal
1/2	c.	cold water
1	c.	boiling water
1	tsp.	salt
1	T.	butter
1	pkg.	active dry yeast
1/4	c.	lukewarm water
1	c.	mashed potatoes
2	c.	all-purpose flour
2	c.	finely ground leached acorn meal

Mix cornmeal with cold water, add boiling water and cook 2 minutes, stirring constantly. Add salt and butter and cool to lukewarm.

Soften yeast in lukewarm water. Add remaining ingredients to corn mixture, along with yeast. Knead to a stiff dough. Dough will be sticky. Cover and let rise in warm place until doubled in bulk.

Punch down, shape into two loaves, cover and let rise until doubled in bulk. Bake at 375 degrees F for 45 minutes.

ACORN BREAD APACHE

By: Carolyn Niethammer.

1	cup	acorn meal (from 2-4 cups acorns)
1/2	cup	cornmeal
1/2	cup	whole wheat flour
3	tablespoons	salad oil
1	teaspoon	salt
1	tablespoon	baking powder
1/4	cup	honey
1		egg
1	cup	milk

<EQUIP>Equipment: 8 by 8-inch brownie pan, food processor or blender, wire cake tester or toothpick.

<N1>1. Shell acorns with a nut-cracker and nut pick, discarding any with worms.

<N2>2. Chop nuts to a coarse meal in food processor.

<N3>3. Soak nuts in boiling water 30 minutes. Drain water, which will be reddish-brown.

<N4>4. Taste a little bit of the meal. If it is still bitter and astringent, repeat Step Three.

<N5>5. When nuts lose their bitter taste, spread meal out on a baking sheet and put it into a 300 degree oven, so that the meal dries out and toasts slightly, being careful not to let the meal burn. (you can skip this step, but it adds flavor.)

<N6>6. Measure one cup meal and combine with cornmeal, flour, salt, and baking powder.

<N7>7. Combine honey, beaten egg, and milk.

<N8>8. Add milk mixture to dry ingredients and mix just until all dry ingredients are moistened.

<N9>9. Grease the 8 x 8 pan, and pour in the batter. Level off with a spatula if necessary.

<N10>10. Pour into greased 8 X 8 inch pan and bake at 350 degrees for 20 to 30 minutes.

<N11>11. Test for doneness with a wire cake tester or toothpick.

<DIR>Serve cut into squares.

Yield: yield: 16 2-inc

ACORN BROWNIES

2	cups	drained but wet cold water leached; acorn flour
1	cup	chopped walnuts
1	cup	fruit juice concentrate or honey
1/2	cup	water with
1	teaspoon	baking soda

Mix water and baking soda first then mix with other ingredients. Bake in a greased pan at 350F for 45 min. Cool and serve.

ACORN BURGERS

1/2	cup	coarse meal
1	cup	water
1	teaspoon	salt
1	teaspoon	butter
1		onion, chopped
1		egg

Combine meal, water, and salt, boil 15 minutes to soften. Melt the butter, and sauté one chopped onion. Mix with acorn meal, and egg, season to taste, make patties and cook/fry.

ACORN FLAKE

recipe

These are sliced thin (when wet) with a slicing blade. Somewhat resembles small potato chips when dry. Used for casseroles, 'meat loaf,' and any type of heavier baked product. Can be toasted, used as chips, etc.

ACORN FLOUR

1

text file

Lee Peterson, Field Guide to Edible Wild Plants: Although a few white oaks have acorns sweet enough to be eaten raw or roasted, most oaks have extremely bitter acorns. Happily, the bitterness is due to an abundance of tannin which is readily soluble in water. Whole kernels, stripped of their shells and boiled in repeated changes of water until the water no longer turns brown, can be roasted and eaten as nuts or dipped in sugar syrup and eaten as candy. Dried and crushed acorns can be placed in porous bags and put through same boiling process to remove the tannin. They can then be redried, ground into meal, and used to make excellent breads and muffins. Rich in protein and fat.

From: Neysa Dormish
Cooking Echo Å

Date: 16 Jan 97 National

Yield: 1 info

ACORN GATHERING & PREPARATION

info

There are various types of oak trees in the United States and Canada and the taste is varied as well. Some are more bitter, so it's a good idea to learn which trees produce the sweet acorns. This will save time boiling and reboiling to get rid of the tannin in them. White Oaks have the sweetest acorns and need little boiling to remove the bitter taste. Their leaves do not have the little sharp hairs on the ends of each leaf lobe like say, a Red Oak. Note that if your oak trees do not have many acorns, that all nut trees have bountiful years and lean years.

Preparing acorns for use in recipes

Boil acorns in a pot of water and snap off out coats. Boil again several times, until water stays clear. Then roast in a 200 degree oven until nutlike and brittle. You can eat them as a snack or put them through a coffee grinder and make acorn flour.

from: ACORN PANCAKES, DANDELION SALAD AND 38 OTHER WILD RECIPES
by Jean Craighead George and illustrated by Paul Mirocha

See also:

Nuts & Grains
for recipes
using Acorns

Northern Nut Growers Association
Northern Nut Growers Association
Indigenous Plants
to learn more about the plant itself.

From: 'Star'
Subject: Acorns

I am surprised to hear how many other tribes use acorns. I was born and raised on the San Carlos Apache reservation and haven't really had a chance to learn about other tribes.

In the fall my people gather acorn. The acorn we gather is very small. They are about the size of a pinon nut. The way we prepare it is to dry it in the sun for several days then we grind it into course pieces. Then we put it in a large bowl and shake it into the wind. The wind blows away the shell and leaves the nut in the bowl. I know there is a name for this but it escapes me at the moment. The remaining nut is then ground into a fine powder.

We use this powder to make acorn stew with corn and squash, acorn hash and acorn soup with dumplings.

Acorn flour and starch can be purchased from any Korean market.

ACORN GRIDDLE CAKES

3	tbl	melted butter
3/4	cup	milk
1/3	unbleached	flour
1	teas	bakeing powder
1/3	teas	salt
1	tbl	honey
1	egg	beaten
2/3	cup	finley ground leached acorn meal; (*)

Combine dry ingredients. Mix together.. egg & milk then beat into dry ingredients, forming a smooth batter. Add butter. Drop batter unto hot greased griddle. Bake turning each cake, when it is browned on underside,puffed and slightly set on top. makes 12-15 cakes.

(*) Grind acorns. Spread meal 1/2" thick on porous cloth and pour HOT water over the meal. repeat several times OR boil acorns for 2 HOURS, pour off Black water. Soak in cold water 3-4 days, then grind into a paste or pulverize acorns. Allow water to trickle thru meal (put meal in Muslin bag and place bag in clear running stream) for 20 hours. dry & grind again.

ACORN GRIDDLE CAKES

3	tbl	melted butter
3/4	cup	milk
1/3	cup	unbleached flour
1	tsp	baking powder
1/3	tsp	Salt
1	tbl	honey
1	pc	egg; beaten
2/3	cup	acorn meal

Combine dry ingredients. Mix together.. egg & milk then beat into dry ingredients, forming a smooth batter. Add butter. Drop batter unto hot greased griddle. Bake turning each cake, when it is browned on underside, puffed and slightly set on top. makes 12-15 cakes.

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ACORN GRIDDLE CAKES (MODERN)

2/3	c.	finely ground leached acorn meal
1/3	c.	unbleached flour
1	tsp.	baking powder
1/3	tsp.	salt
1	T.	honey
1		egg, beaten
3/4	c.	milk
3	T.	melted butter

Combine dry ingredients. Mix together egg and milk, then beat into dry ingredients, forming a smooth batter. Add butter. Drop batter onto hot, greased griddle. Bake, turning each cake when it is browned on underside and puffed and slightly set on top.

Yield: makes 12 to 15.

ACORN MEAL

1 acorns
1 water

Make meal by grinding dry, raw acorn kernels (after shelling). Mix with boiling water and press out liquid through a cheesecloth. With very bitter acorns, repeat this process several times. Spread meal on a tray and thoroughly dry in oven at 250°F.

This meal will cake during the drying process. Re grind using a food chopper. Then, seal in containers, preferably glass jars.

Note: All acorns contain tannic acid or tannin. This is what causes the bitter taste, the same as the soft brown lining in pecans that we have all tasted if we have cracked open pecans and eaten them raw. The white oak family has less tannin than the black oak family. The white oak family acorns I have tried are White Oak, Burr Oak, and Club Oak. There are many varieties. White oaks have rounded leaves. Black oaks have pointed leaves. Squirrels go for white oak acorns first. They're not dumb. They don't like the tannin either. Black oak acorns will make you pucker up just like eating unripe persimmons.

John Hartman
Indianapolis, IN

Yield: 1 batch

ACORN MEAL CAKES

recipe

Acorns are ground, sieved, and pressed (all while still 'wet'). You must dry it well, and it will last one year. Reconstitute when ready to use. Use as needed. Pie crusts can be 1/3 meal cake. Can toast, and use as regular meal for nuttier flavor.

ACORN MEAL OR FLOUR

text

Gather acorns after they are ripe. Soak the acorns overnight, and the shells will split open. The shells can then be removed from the kernels. Spread the kernels (acorn nuts) out to dry. When the kernels are completely dry, they can be crushed with a stone mortar into meal or flour. After the acorn meal or flour is ground it should be leached to take out the bitterness. A frame can be made with cedar twigs overlapped tightly as shingles on a roof. Spread the acorn meal on this frame, then pour water through it repeatedly until the meal turns pink. The meal can then be dried and stored until used. You may also buy acorn flour and acorn starch in a Korean store

ACORN MILK

text

English colonist who describes how the Powhatan people of Va would pound acorns in a mortar with a little water to create a milk like liquid which was used in cooking

ACORN MUFFINS

1 x no ingredients

You'll want to use acorns from the so-called "soft" oak species (White Oak, Swamp White Oak, Chestnut Oak, Post Oak, Bur Oak, etc., i.e., the species with rounded lobes on their leaves), as they are lower in tannic acid and therefore less bitter than acorns from the so-called "hard" oak species (Black Oak, Scarlet Oak, Northern Oak, Pin Oak, etc., all of which have leaves with pointy lobes). To make acorn flour, shell the acorns, and (if their bitterness is still too strong for your taste) leach some of the tannic acid out by boiling the shelled nuts for a few minutes in several changes of water. Dry the nut meats out (e.g., by spreading them out on a cookie sheet and sticking them in a warm oven for a few hours), then pulverize in a food processor until it's the consistency of flour or a fine-grained meal. The delicious and distinctive flavor of the acorn flour will be quite evident in the muffins despite the fact that it makes up only 1/3 of the flour used in this recipe.

Dry ingredients: 1 1/3 cup white flour (OK to mix 1/2 and 1/2 with corn meal) 2/3 cup acorn flour (prepared as described above) 2 tsp. baking powder 1/2 cup light brown sugar 3/4 tsp. salt

Wet ingredients: 2 eggs 1 cup milk 1/3 cup melted butter 1/4 cup maple syrup

Fruit and nuts: 1 cup peeled, chopped apples 1 cup sliced raw cranberries 1/2 cup chopped hickory nuts

Preheat oven to 400 degrees F. Get well-greased muffin tins ready. Mix dry ingredients together in one bowl; mix wet ingredients together in another bowl (beat eggs before adding); then mix dry and wet ingredients together with just a few strokes (do not overmix; lumps are OK), quickly fold in fruit and nuts, then spoon mixture into muffin tins, filling up each compartment about halfway (add water to any surplus compartments to protect the pan and help keep the muffins moist while baking).

Bake at 400 degrees for 25 minutes. Makes 18 small or 12 large muffins.

Yield: 18 muffins

ACORN MUFFINS

By:

acorn,

1 1/3	cup	white flour (can use 1/2 white corn
2/3	cup	acorn meal (flour)
2	tsp	baking powder
1/2	cup	light brown sugar
3/4	tsp	Salt
2	pcs	eggs
1	cup	milk
1/3	cup	Butter; melted
1/4	cup	maple syrup
1	cup	apple; peeled and chopped
1	cup	cranberries, raw; sliced
1/2	cup	hickory nuts; chopped

Important to use acorns from the so-called 'soft' oak species (White Oak, Swamp White Oak, Chestnut Oak, Post Oak, Bur Oak, etc., i.e., the species with rounded lobes on their leaves), as they are lower in tannic acid and therefore less bitter than acorns from the so-called 'hard' oak species (Black Oak, Scarlet Oak, Northern Oak, Pin Oak, etc., all of which have leaves with pointy lobes). To make acorn flour, shell the acorns, and (if their bitterness is still too strong for your taste) leach some of the tannic acid out by boiling the shelled nuts for a few minutes in several changes of water. Dry the nut meats out (e.g., by spreading them out on a cookie sheet and sticking them in a warm oven for a few hours), then pulverize in a food processor until it's the consistency of flour or a fine-grained meal. The delicious and distinctive flavor of the acorn flour will be quite evident in the muffins despite the fact that it makes up only 1/3 of the flour used in this recipe.

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the pan and help keep the muffins moist while baking).

Bake at 400 degrees for 25 minutes.

Yield: 18 small or 12

ACORN MUFFINS

1	cup	acorn flour (leached)
1/2	cup	corn meal
1/2	cup	wheat flour
1	tsp	salt
1	tbsp	baking powder
3	tbsp	salad oil
1/4	cup	honey
1		egg
		1 cup milk

Here are some modern bread recipes using some of our native nuts and beans. We also prepare them the old way for special occasions.

Mix well and put into small greased baking dish

Bake at 350 for 20 - 30 minutes

ACORN MUSH

acorn

Bring 4 cups of water to a boil. Put approximately 2 cups of processed acorn

flour in a large bowl. Stir it with a spoon to release the oil in the acorn.

It is important to add cold water to the acorn flour so that it pours easily

into boiling water- acorn flour will clump in the boiling water if it is not

mixed with water first. The cold water and acorn mixture should be the consistency of thin gravy. Continue to mix while pouring meal into boiling water. The acorn flour will start to thicken as soon as it hits the boiling water so stir constantly- a whisk works best. Turn down heat and bring the

mixture to a roiling boil. Cook the acorn for 20 minutes until you see bubbles and mix puckers on top and starts to rise and water has evaporated.

Acorn mush is traditionally eaten with salty foods like fish, seaweed or venison.

That is a very interesting method for cookery. I have one question though. What type of acorns do you use? The Acorns that are traditionally used here on my White Mountain Apache Rez are pretty bitter. When we use acorn it is not processed, we usually hand grind it ourselves.

Nephi Craig

ACORN NOTES

By: www.ethniccook.com

info acorn

As to acorns, they all can be eaten, but some require a lot of boiling and soaking to remove the tannins. You have to shell them and taste them as you go along. The ones that take the most treatment are rather bland tasting by the time they are edible. You can restore some flavor by toasting them in a low oven.

Hope this helps, and I am curious what the list turns up for those two tribes. When I did my ethnic cookbook, I couldn't find enough recipes for either tribe to make the book (which has 22 other native groups), and couldn't assign the water crackers, since the Wind River reservation is both northern Cheyenne and Arapaho, with separate governments.

-Mark H. Zanger

author, The American History Cookbook, The American Ethnic Cookbook for Students

ACORN PANCAKES

recipe

Use the acorn bread recipe for making pancakes simply by adding more milk or water until the consistency is correct for pancake batter. They are excellent when served with gooseberry topping.

ACORN PANCAKES

1/2	c.	white flour
1	c.	acorn flour
2 1/2	tsp.	baking powder
1/4	tsp.	salt
1		egg, well beaten
1 1/4	c.	milk
3	t.	butter

In a bowl, mix flours, baking powder, and salt. In another bowl mix egg, milk, and butter. Pour milk mixture into dry ingredients and stir just enough to moisten dry ingredients. Spoon onto greased hot grill or frying pan. Turn once.

Serve with maple syrup or wild jellies.

ACORN PANCAKES

By: pennindian

1	cup	acorn meal
1	cup	flour
2	tbsp	baking powder
1	tbsp	salt
3	tbsp	sugar
2		eggs, beaten
1 1/2	cups	milk
3	tbsp	oil

Sift together dry ingredients. In a separate bowl mix together eggs, milk and oil. Then, combine dry ingredients with liquid mixture. Spread batter thinly on a hot griddle. When edges begin to bubble, flip and brown other side. Serve with maple syrup or jelly.

ACORN PANCAKES I

By: dian

1	cup	acorn meal
1	cup	flour
2	tbl	baking powder
1	tbl	Salt
3	tbl	Sugar
2	pc	egg; beaten
1 1/2	cup	milk
3	tbl	oil

Mix together dry ingredients. In a separate bowl mix together eggs, milk and oil. Then, combine dry ingredients with liquid mixture. Spread batter thinly on a hot griddle. When edges begin to bubble, flip and brown other side. Serve with maple syrup or jelly.

ACORN PANCAKES II

1	cup	white flour
1	c.	acorn flour
2 1/2	tsp.	baking powder
1/4	tsp.	salt
1		egg, well beaten
1 1/4	c.	milk
3	t.	butter

In a bowl, mix flours, baking powder, and salt. In another bowl mix egg, milk, and butter. Pour milk mixture into dry ingredients and stir just enough to moisten dry ingredients. Spoon onto greased hot grill or frying pan. Turn once. Serve with maple syrup or wild jellies.

ACORN PANCAKES III

Use the acorn bread recipe for making pancakes simply by adding more milk or water until the consistency is correct for pancake batter. They are excellent when served with gooseberry topping.

ACORN PEMMICAN:

1	lb.	lean stewing meat, cut quite small
1/2	cup	dehydrated wild plums
1/2	cup	acorn meal

Boil the lean stewing meat. When it is tender, drain and allow it to dry in a bowl. Grind all of the ingredients together in a meat grinder using a fine blade. Grind again, mixing finely, distributing the ingredients very well. Place in a covered dish and refrigerate overnight. (Or you can eat right away, but like many foods, the refrigerating allows the flavors to blend nicely.) You can serve this on any flatbread, such as a tortilla. It is best served warm, or you can reheat it in the pan in the oven like a meatloaf.

Acorn meal can also be used in place of a good portion (or all) of the nuts in most desserts, from brownies to cookies. It does depend on the variety of acorn you have available and the taste after leaching. Some acorn meal never gets "nutty," only mild, while the meal of other acorns, such as those of the Emory oak, are so sweet that you can eat them without leaching, or with very little leaching.

You will have to experiment a bit here. But the end results are usually surprising.

ACORN PICKLES

2	cup	whole acorns, leached
6		peppercorns
1		bay leaf
1/8	teaspoon	mustard seed
1/2	cup	vinegar
1	teaspoon	honey

Sterilize jar and lid, pack with acorns, bay leaf and mustard seed. Heat vinegar and honey, add to jar, add boiling water. Leave 1/2 "

head room. Refrigerate 3 months.

From: "Mignonne" <tsiwoni@minsrecip.es.C

Yield: 4 servings

ACORN PICKLES

2	cups	whole acorns, leached
5-6		peppercorns
1	bay	leaf
1/8	teaspoon	mustard seed
1/2	cup	vinegar
1	teaspoon	honey

Sterilize jar and lid, pack with acorns, bay leaf and mustard seed. Heat vinegar and honey, add to jar, add boiling water. Leave 1/2" head room. Refrigerate 3 months.

ACORN PIE

3		Egg whites, beaten stiff
1	t	Baking powder
1	c	Sugar
1	t	Vanilla
20		Soda crackers (coarsley broken)
1/2	c	Pecans, chopped

Beat egg whites until stiff; add baking powder and beat more. Add sugar and vanilla; beat again. Fold in crackers and pecans. Put in buttered pie plate and bake at 300 degrees for 30 minutes. Let cool and top with Cool Whip and chopped pecans. Randy Rigg

Per Serving (excluding unknown items): 789 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 202g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 490mg Sodium. Exchanges: 13 1/2 Other Carbohydrates.

Nutr. Assoc. : 0000000

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Message: 4

Date: Wed, 03 Dec 2003 20:09:02 -0600

From: zosha3152@voyager.net

Subject: add inns to cookie dough (information)

Yield: 1 serving

Preparation Time (hh:mm): 0:00

ACORN PIE

By: . Randy Rigg

3	egg	whites, beaten stiff
1	ts	baking powder
1	c	sugar
1	ts	vanilla
20	soda	crackers (coarsley broken)
1/2	c	pecans, chopped

Beat egg whites until stiff; add baking powder and beat more. Add sugar and vanilla; beat again. Fold in crackers and pecans. Put in buttered pie plate and bake at 300 degrees for 30 minutes. Let cool and top with Cool Whip and chopped pecans

Yield: 1 servings

ACORN PINON SOUP WITH WILD FLOWERS

1	T.	unsalted butter
1	c.	pinon nuts
4	T.	shelled acorns or unsalted pistachi; o nuts
6	T.	chopped wild onions or leeks
9	c.	rabbit stock or chicken stock
1/4	tsp.	salt
1/2	tsp.	black pepper
1 1/2	qt.	half and half
		snipped wild onions, mint sprigs and wild edible flowers for

Melt the butter in a large saucepan over medium heat and saute the pinons, acorns and onions 4 minutes until the onions are translucent and the nuts golden brown.

Add the stock, salt, and pepper. Bring to a boil, then reduce the heat to medium and cook until the mixture is reduced by half, about 20 minutes. Add the half and half and reduce the mixture again by half to 6 cups.

Remove from the heat and blend in a blender or food processor until the mixture is smooth. Push through a fine sieve; discard the contents of the sieve. Garnish with the mint, wild onions, and edible flowers and serve.

ACORN SHRED

recipe

Made with a larger blade, results in thin shreds. Can season with chili powder, soy sauce, etc. Used as fried things. Add oil to skillet, add onions, meat, vegetables, etc. Like pilaf. Can use in cheese balls.

ACORN SLIVERS

text

Acorn are leached, and then ground with a special blade (a la salad shooter) which results in thin slivers. Use in pie, on toast, and as you'd use toasted coconut on top of foods. Gives a nutty flavor. Use where you don't want or need body. Can use with cheese balls. Ideally, toast before using.

ACORN SOUP OR MUSH

recipe

Southern California Indians commonly used the leached and ground acorns as a base for soup or mush. To use as a soup base, mix approximately two cups of the meal with 8 cups of water. Add diced onions, potatoes, carrots, wild greens, and seasonings to suit your taste. To use as a breakfast mush, add milk and/or water to the acorn meal to your desired thickness. Serve with whatever you'd add to oatmeal: such things as raisins, sliced fruit, honey, butter, and cream.

ACORN SOUP OR MUSH

text

Northern California Indians commonly used the leached and ground acorns as a base for soup or mush. To use as a soup base, mix approximately two cups of the meal with 8 cups of water. Add diced onions, potatoes, carrots, wild greens, and seasonings to suit your taste. To use as a breakfast mush, add milk and/or water to the acorn meal to your desired thickness. Serve with whatever you'd add to oatmeal: such things as raisins, sliced fruit, honey, butter, and cream.

ACORN STEW

2 1/2	lb	stew meat, cubed
1 1/2	qt	water, or more as needed
2	lg	onions, coarsely chopped
		salt and pepper to taste
3	lb	acorns (enough to make
1	c	acorn meal)

Place meat into a pot with water and onions. Bring to boil, reduce heat and simmer for 3-4 hours or until meat is very tender. Add more water if necessary. There should be about 3 cups of broth when meat has been cooked. Add salt and pepper to taste, and keep the stew warm. Shell the acorns and grind them in food processor or blender into a very fine meal. With a slotted spoon remove the meat and onions from the pot and place into a glass bowl. Add the acorn meal and blend well. Bring the broth to boil; pour it over the meat mixture and blend well. Adjust seasoning by adding more salt and pepper if desired. Serve immediately with Fry Bread.

Yield: 6 servings

ACORN STEW

By: Nephi Craig NACA Chef Founder/Developer (480)-661-0051

beef stew meat
ground acorn
flour
h2o
salt

Mignonne made me think about a favorite Apache dish of mine which is very simple. Traditionally, Apache Acorn Stew has only five ingredients. There is a method for maximizing the flavor potential of this simple dish.

Using a deep cast iron skillet or Dutch oven, heat cooking oil (shortning, Olive Oil, Lard) to just below the smoking point. Lightly dust the meat with flour and a small amount of salt. Add to the smoking oil and sear, slightly move from the heat (lower the heat) and allow the meat to caramelize slowly, but **DO NOT** overcrowd the pan so that the meat begins to steam in its own juices. This will entirely defeat the purpose of dusting and proper meat caramelization. You may need to caramelize the meat in batches.

Once the beef is a perfect dark, dark brown (Proper Caramelization) 'deglaze' the pot with just enough water to cover the meat and add two tablespoons of ground acorn. Allow to simmer until meat is tender.

Approx 45 min to an hour.

During this time you can prepare the simple dumplings for the stew. Take a med size bowl add two cups of flour and salt as well as enough water to produce a semi-smooth dough. Roll into 1 1/2 inch strips, dust with flour and set aside.

When the meat is tender, add your precut dumplings and allow to cook for approx. 20-25 minutes. Season to taste with extra Acorn Flour and salt.

This stew goes best with some nice fluffy flour American Indian Tortillas. You know the kind Grandma used to make when we were out of Lard or Shortening.

Acorn Stew and Flour Tortillas are the perfect match.

NOTE: Acorn is quite bitter so use good judgment when adding the acorn at the end. Acorn is 'an acquired taste'.

*Remember you can always add more, but you cant take

it out.

This 'recipe' is based on ratio. Use your cooking experience and best judgment when combining the ingredients. Also, the Acorn in some Apache tribes is meant to be the highlight of the dish making it quite bitter. However, you can use the acorn as you would a vinegar/acid, to accent and bring sharpness to your stew. This is most likely the best route to take if you have never had Apache Acorn Stew before. On the REZ the stew is quite bitter, but the 'champ' flour tortillas balance the bitterness. That is why the bread is so important in this dish. Enjoy.

ACORN STEW

1	lb.	stewing meat
1/2	c.	finely ground acorn meal (tannin re; moved)
		salt and pepper to taste

Place meat in heavy pan and add water to cover. Cover with lid and simmer until very tender. Remove from liquid and cut meat into very fine pieces. Return meat to the liquid. Stir in the acorn meal. Add salt and pepper as desired. Heat until thickened and serve.

ACORN STEW

3	lbs	round steak (beef or venison), cut; into bite size pieces
3/4	cup	acorn flour (leach first)
		salt

Cook beef or venison in about 1 quart of water. Let it simmer for about 3 hours or until meat is well done. Salt to taste. Shell acorns

and grind them into very fine flour until you have approximately 3/4 cup of flour. Strain the broth from the meat (it will be used later). Shred the meat and, placing it in a wooden bowl, mix it with the acorn flour. (Note: metal utensils or bowl will discolor the flour) Pour hot broth over the mixture and stir. It is now ready to serve in individual bowls. Usually served with fry bread.

Yield: servings: 6 ser

ACORN STEW

3	lbs	round steak elk or deer; cut into bite size
3/4	cup	acorn flour
1/4	Tsp	Salt

DIRECTIONS Cook beef in about 1 quart of water. Let it simmer for about 3 hours or until meat is well done. Salt to taste. Shell acorns and grind them into very fine flour until you have approximately 3/4 cup of flour. Strain the broth from the meat (it will be used later). Shred the meat and, placing it in a wooden bowl, mix it with the acorn flour. (Note: metal utensils or bowl will discolor the flour) Pour hot broth over the mixture and stir. It is now ready to serve in individual bowls. Usually served with fry bread.

Yield: 4 servings

ACORN STEW

—INGREDIENTS—		
2 1/2	lb	stew meat, cubed
1 1/2	quart	water, or more as needed
2	large	onions, coarsely chopped
1		salt and pepper to taste
1		2-3 pounds acorns (enough to make 1; cup of acorn meal)
—DIRECTIONS—		

Place meat into a pot with water and onions. Bring to boil, reduce heat and simmer for 3-4 hours or until meat is very tender. Add more water if necessary. There should be about 3 cups of broth when meat

has been cooked. Add salt and pepper to taste, and keep the stew warm. Shell the acorns and grind them in food processor or blender into a very fine meal. With a slotted spoon remove the meat and onions from the pot and place into a glass bowl. Add the acorn meal and blend well. Bring the broth to boil; pour it over the meat mixture and blend well. Adjust seasoning by adding more salt and pepper if desired. Serve immediately with Indian Fry Bread. Serves 6

Yield: 6 servings

ACORN STEW

3	lbs	round steak (beef or venison), cut; into bite size pieces
3/4	cup	acorn flour (leach first)
		salt

Cook beef or venison in about 1 quart of water. Let it simmer for about 3 hours or until meat is well done. Salt to taste. Shell acorns and grind them into very fine flour until you have approximately 3/4 cup of flour. Strain the broth from the meat (it will be used later). Shred the meat and, placing it in a wooden bowl, mix it with the acorn flour. (Note: metal utensils or bowl will discolor the flour) Pour hot broth over the mixture and stir. It is now ready to serve in individual bowls. Usually served with fry bread.

Yield: servings: 6 ser

ACORN STEW APACHE

By: own

		n, apache, game, stew
3	lbs	elk or deer round steak; cut into bite size pieces
3/4	cup	acorn flour
1/4	tsp	Salt

Cook beef in about 1 quart of water. Let it simmer for about 3 hours or until meat is well done. Salt to taste. Shell acorns and grind them into very fine flour until you have approximately 3/4 cup of flour. Strain the broth from the meat (it will be used later). Shred the meat and,

placing it in a wooden bowl, mix it with the acorn flour. (Note: metal utensils or bowl will discolor the flour) Pour hot broth over the mixture and stir. It is now ready to serve in individual bowls. Usually served with fry bread.

ACORN STEW SEMINOLE

2 1/2	lb.	stew meat, cubed
1 1/2	qt.	water, or more as needed
2	lg.	onions, coarsely chopped
		salt and pepper to taste
2-3	lbs	acorns (enough to make 1 cup meal)

Place meat into a pot with water and onions. Bring to boil, reduce heat and simmer for 3-4 hours or until meat is very tender. Add more water if necessary. There should be about 3 cups of broth when meat has been cooked. Add salt and pepper to taste, and keep the stew warm. Shell the acorns and grind them in food processor or blender into a very fine meal. With a slotted spoon remove the meat and onions from the pot and place into a glass bowl. Add the acorn meal and blend well. Bring the broth to boil; pour it over the meat mixture and blend well. Adjust seasoning by adding more salt and pepper if desired. Serve immediately with Fry Bread.

Yield: serves 6

ACORN TIPS

1

acorns

The pale faces seem to want to boil leach them, but the indians of my area and Koreans use cold water methods for a good reason. I find that cold water processing is better than boil leaching because on some acorns the meal thickens up 1 time when cooked. If you boil leach this happens during leaching not the cooking when you want it to happen. That is why the acorn brownie recipe on my web page has no eggs. If your acorns do not thicken up when cooked add eggs to the recipe to get good brownies that hold together.

Now for some tips on gathering acorns (California black oak (*Quercus kelloggii*)) that might work with your species.

1 The first drop of acorns has most of the bugs and worms. Perhaps the tree rejects these acorns so they fall off early?

2 Most good fresh off the tree acorns sink if put in a bucket of water. Most buggy acorns float in a bucket of water. Well dried good acorns float too.

3 Most acorn bugs develop inside the acorn and burrow out. They do not get buggy normally from sitting around in a dry place. This does not mean that outside bugs do not like them though.

4 High tannin content seems to preserve the acorn from going rancid. I find that they keep for several years if kept dry. However they will go rancid. I have gotten them from building walls and most were still good after who knows how long. But some were rancid so each acorn must be smelled for rancidity. Because of the preserving effect of the tannin most acorns were processed as needed or within a week or so of when they were needed. This was a daily process of many indian tribes.

At rabbitstick this year we had a success at leaching acorns the cold water method based on the method described on my web page. A time or two we tried to process too much meal for the amount of water we used and the leaching was not finished. I have processed acorn meal in 1 day by this method by changing the water often.

Page 38

From: John Goude <John.Goude@verizon.Ne

Yield: 4 servings

ACORN/PEMMICAN PREPARATION

info

Originally distributed in 1997...

There are some very important **FACTS** that should be made known before anyone rushed out to try eating acorns.

Here is the process that 99% of California's Indians use to process Acorns:

For those of you who have asked for recipes and/or information on how we Californians gather, process, and cook our acorns, this is for you. I take sole responsibility for any and all typos and grammatical errors and will hereby blame it on the server, processor, or which ever innocent piece of hardware or software that wasn't on its toes today. However, I don't take responsibility for anyone who tries these recipes and gets deathly ill because of some unknown allergy to members of the *Quercus* family or tannic acid if you don't leach thoroughly or *Sambucus* nightmares because you get nervous about that itty bitty stem you didn't notice, o.k.?

This is what I do, what I was taught, and what hundreds of other sentimental traditional native Californians do often, or once in a while, or when we're hired by a school district or state park to give the organically naive a taste of the old life. I also failed to mention that when I'm grinding up 2 to 5 lbs of acorn meal for the consumption of others, I use a coffee grinder bought specially for that purpose. If I'm going to eat it myself, or serve it to close friends or family, **AFTER** I finish grinding it in the coffee grinder, I will probably grind it further in a mortar with a pestle. Sometimes I'm convinced that I can do a better job with the electric grinder. Sometimes I'm sure I can do a better job in a bedrock mortar.... It's all a matter of preference, energy, and time.... Six kids with six mortars can definitely go faster than one little coffee grinder, **BUT**, it is good to remember that the holes you see in a bedrock mortar got deeper by grinding away the rock as you ground up your acorn or other nuts. Where did the stone go to? I don't really believe that just got deeper in the middle of the night while the resident Indians slept. The sloughed-off stone probably went into the acorn meal ... gulp. So, when cooking for school kids, I do most of the grinding at home with my coffee grinder, and let the kids do a little in the mortars

just to 'get the feel of it.'

For those who don't care about the acorn process, please disregard all of this and go on to your next mail message.

Happy Grinding!

Lyn

ACORNS: A MAJOR North American Indian Food

California Indians did not have to be farmers, and for the most part were hunters and gatherers. There was a ready supply of deer, fish, rabbits, fowl, native plants for vegetables, native fruits, and even sea weed. Even so, acorns are said to have been the main food of as many as 3/4 of our native Californians. Acorns were everywhere, are easy to gather and store fairly well ... as long as your storage places are squirrel tight. Some groups buried baskets of nuts until they were needed. Some claim that white acorns were the most preferred because they were sweet and often eaten without leaching. I have never eaten white acorns so I can't say anything about them.

The most common oaks found in the San Francisco Bay area are the Tan Oak, Black Oak, California Live Oak, and Valley Oak. Many of these have been seriously endangered through the process of turning pasture land into housing developments, with the Live Oak being the least threatened — since this oak is not deciduous, it offers 'building development appeal' by remaining 'green and healthy looking' all year.

Many of the Pomos prefer the Tan Oak because they feel it has more flavor. Many of the MiWuks prefer the Black Oak because it takes less leaching to get rid of the tannin. Many of us don't like the California live oak because 'its too much work for the amount of meal you get compared to the amount of leaching you have to do,' 'its got no character,' 'too wormy,' or 'its too easy to get — nothing that plentiful can be very good.' The list goes on and on. My favorite is the Black Oak ... with a little Tan Oak added for character.

Acorns are gathered in the fall after they are ripe, Early in the season you will occasionally find acorns without their 'little hats' lying on the ground. These are usually buggy. (If the acorn is so heavy that it pulls itself from its cap, it is usually because there is a worm flipping itself about inside the acorn, and all this activity is what breaks the nut free from its cap and the tree.) When

the acorns are actually ripe, they fall from the tree, cap intact.

If you see any holes in them, throw them away. They are sometimes stored first, to dry them out, and then shelled. Other groups shell them first, and then dry them out by placing them someplace safe, yet warm, to dry. For the ultimate in information on processing acorn, refer to a new book about Yosemite's Julia Parker, written by Park Naturalist Bev Ortiz which came out in 1992 or 1993. It was published by the same group that produces News from Native California, headed by Malcolm Margolin.

There is first and foremost, the original recipe: AFTER THE ACORNS ARE ****COMPLETELY DRY**** & REMOVED FROM THEIR SHELLS, the Acorns are ground until the meal is so fine that 'it will stick to the basket sifter' when it is turned upside down. When you have determined that you have ground the acorns to 'primo' consistency, you must then leach it. This was traditionally accomplished (before we had woven cloth to work with) by building a mound of fine sand, near a spring or the river, and then scooping out the center. The meal you wished to leach was placed in the center of this mound and water poured over a clean cedar bough which was placed or held above the acorn meal. The tannin would leach out of the acorn meal and harmlessly down into the sand. When tasting it showed the tannin had been removed, the meal was carefully removed from its sand 'colander' and put into a cooking basket. Water is added – the correct amount for the amount of acorn meal you are going to use, which is something that takes a while to adjust to. Too much water will require cooking longer to get the consistency you want. Not enough water and the acorn will burn. Then special cooking rocks were heated in a fire, rinsed off, and using special stirring sticks, the rocks were stirred in the basket to heat the acorn solution thoroughly. As each rock cooled down, it was removed, and another hot clean rock took its place in the cooking basket. The rock that had been removed was washed off and placed back in the fire to reheat and await its turn to become a cooking implement once again. In what seems like no time at all, the acorn soup is boiling, and the stirring continues until the soup is of the desired consistency – either thin to eat with a spoon, or thicker to eat with a fork, depending on what the 'cook' has in mind. Though the above 'soup' was eaten straight by the traditional people, I usually add a little salt, and occasionally some dried currents or blue elderberries, or even raisins. Some people like to add a little cinnamon.

The rocks are saved for the next time, since finding perfect rocks that won't explode when subjected to heat, or won't crumble into the food, or give a bad taste, etc., are not as easy to find as you might think. The baskets, tools, implements, rocks, etc. used to cook acorn are considered

a family legacy and kept within a family to be passed down from generation to generation. What makes a good cooking basket is the subject of another dissertation and shall not be gone into at this time. Ask the next expert basket weaver you meet to explain to you how a cooking basket is made.

ALTERNATIVE LEACHING METHODS, & NATURAL DYING USES

The alternative method of leaching, which I personally use (as do most of the people I have spoken to about this subject) is to take my winnowing basket (or a broad-bottomed basket), place a clean, 'white' UNBLEACHED cloth (like a tea towel used just for this purpose....which will never be white again) in the bottom of the basket, and then place your finely ground acorn meal on top of the cloth. Then I get a piece of cedar branch (new growth preferred and place it on top of the acorn meal and run water on it, VERY SLOWLY. I place my basket on top of a large cooking pot (so that I can save the tannin water) in such a way that when the pot fills up, my basket won't be sitting in the water, and the pot can overflow. I check on the leaching process periodically, so I can empty the soup kettle as it fills.

Since I am also a weaver and spinner, who does natural dying on occasion, a day or two before I know I'm going to be leaching acorn, I wash any uncolored wool fleece I may have on hand that I will want to dye later, or any white yarn I want to dye in the near future...IF I REMEMBER. Sometimes I don't plan ahead. Anyway, as the acorn leaching pot fills, I will pour this tannin-filled water into the washing machine, where I later place up to 3 or 4 lbs of clean white wool or yarn to soak up the tannic acid solution. When I am ready to dye the wool at a later date, the color will come out much more dramatically than it would if I had used 'untreated fleece'.

Another way I have heard of to leach acorn, which I have NEVER tried and probably never will, is to SCRUB the water tank on your toilet to remove any algae, and use this 'sanitary' part of your toilet to leach your acorn meal. It makes sense to use water that otherwise is wasted but it doesn't seem like a very aesthetic topic of conversation for a public gathering ... I can hear it now: 'Gee, this acorn mush isn't half bad you must have leached it really thoroughly.' 'Why yes I do; I let it sit in a clean muslin bag in my toilet tank for a week or so...' Then watch your dinner guests put their food down, never to eat at your camp fire again. The girl that shared this bit of information with us had just remodeled her house, had a brand new toilet, and hence no green film in the tank, so she thought it was the perfect opportunity to try out a method she had heard of, or had a theory about. She also went on to say, that she was glad her

new toilet was a pale brown color because the tannin discolored her the toilet bowl for quite some time....

Below is a recipe that I have used as recently as last year which is a good one to serve to those who stubbornly believe that acorn meal is yucky ... they'll never even know its there unless you tell them later -- and then they'll say things like 'oh, that's why it was so bland,' or 'oh, that's why I didn't like it,' or 'that's why it got hungry an hour later.' If you want to be sure you are actually tasting the meal, use the recipe exactly as is. Once you feel confident that you wish to include the meal, but you want to add more character to the stew, feel free to add garlic, green pepper, carrots, etc. The acorn then replaces the starch of the potato, and provides you with more nutrition than the potato would provide.

ACORN-CORN BREAD

1 x no ingredients

1/2 c Acorn meal

1/2 c Cornmeal

2 tb Flour

2 ts Baking powder

1/2 ts Salt

1 Egg

1 tb Maple syrup

1 tb Cooking oil

1/2 c Milk

Mix together the dry ingredients. In a separate bowl beat egg, and add the liquid ingredients. Combine with a few swift strokes. Pour batter into a small square greased pan and bake at 425 for 20 min or until firm to the touch. Serve hot with butter.

Yield: 1 pan

ACORN-CORN BREAD

By: Jim Weller

1/2	cup	acorn meal
1/2	cup	cornmeal
2	tablespoon	flour
2	teaspoon	baking powder
1/2	teaspoon	salt
1		egg
1	tablespoon	maple syrup
1	tablespoon	cooking oil
1/2	cup	milk

Mix together the dry ingredients. In a separate bowl beat egg, and add the liquid ingredients. Combine with a few swift strokes. Pour batter into a small square greased pan and bake at 425 for 20 min or until firm to the touch. Serve hot with butter.

From: *Edible Wild Fruits and Nuts of Canada*, published by the National Museums of Canada, ISBN 0-660-00128-4

Posted by: Jim Weller

Yield: 1 pan

ACORN-CORN BREAD

By: Weller

2	cup	acorn meal
1/2	cup	cornmeal
2	tablespoon	flour
2	teaspoon	baking powder
1/2	teaspoon	salt
1		egg
1	tablespoon	maple syrup
1	tablespoon	cooking oil
1/2	cup	milk

Mix together the dry ingredients. In a separate bowl beat egg, and add the liquid ingredients. Combine with a few swift strokes. Pour batter into a small square greased pan and bake at 425 for 20 min or until firm to the touch. Serve hot with butter.

From: *Edible Wild Fruits and Nuts of Canada*, published by the National Museums of Canada, ISBN 0-660-00128-4

ACORN-CORN BREAD

By: Weller Fruit and Nuts of Canada

1	cup	acorn meal
1/2	cup	cornmeal
2	tbl	flour
2	tsp	baking powder
1/2	tsp	Salt
1	pc	egg
1	tbl	maple syrup
1	tbl	oil
1/2	cup	milk

Mix together the dry ingredients. In a separate bowl beat egg, and add the liquid ingredients. Combine with a few swift strokes. Pour batter into a small square greased pan and bake at 425 for 20 min or until firm to the touch. Serve hot with butter.

ACORN-CORN BREAD

1/2	cup	acorn meal
1/2	cup	cornmeal
2	tablespoon	flour
2	teaspoon	baking powder
1/2	teaspoon	salt
1		egg
1	tablespoon	maple syrup
1	tablespoon	cooking oil
1/2	cup	milk

Mix together the dry ingredients. In a separate bowl beat egg, and add the liquid ingredients. Combine with a few swift strokes. Pour batter into a small square greased pan and bake at 425 for 20 min or until firm to the touch. Serve hot with butter.

From: Edible Wild Fruits and Nuts of Canada, Published by the National Museums of Canada, ISBN 0-660-00128-4 Posted by: Jim Weller From: Bobby Queen Date: 08 Sep 99

Yield: 1 pan

ACORNS

text file

There are various types of oak trees in the United States and Canada and the taste is varied as well. Some are more bitter, so it's a good idea to learn which trees produce the sweet acorns. This will save time boiling and reboiling to get rid of the tannin in them. White Oaks have the sweetest acorns and need little boiling to remove the bitter taste. Their leaves do not have the little sharp hairs on the ends of each leaf lobe like say, a Red Oak. Note that if your oak trees do not have many acorns, that all nut trees have bountiful years and lean years.

Preparing acorns

Boil acorns in a pot of water and snap off out coats. Boil again several times, until water stays clear. Then roast in a 200 degree oven until nutlike and brittle. You can eat them as a snack or put them through a coffee grinder and make acorn flour.

ACORNS

info

Here's how i processed them (i started with about a half a plastic grocery sack). I'm not sure if this is 'the best' way to do it or not. I eventually found that if i heated up a small handful in a frypan they would shell much easier. It steamed them a bit inside and using a pair of nutcrackers the meat would come out pretty eaisily (squeeze it once on the cap end to break the shell then once on the opposite end to pop it out). It was important not to heat up more than i could shell before they got cold again.

After they were all shelled i went with the boil and drain method. I think it was 4 times total that i boiled them before the the water was clear. After the last boil, they went into the food dehydrator

over night. I had to watch them carefully so they would dry evenly.

Once they were dry I went to grind them. I don't have a food processor and was not committed enough to do it by hand... first i tried the coffee grinder and that kept getting clogged. Then i used a blender and that worked ok but a had to run the meal through a strainer the keep grinding. It took a long time! I'll be investing in a food processor for the next batch. lol

Once i got it all ground i spread it out on cookie sheets and finished drying it on very low heat in the oven. Total yeild was just over a quart.

I was quite pleased with the end result and it has made an awesome addition to apple crisp!

I've never worked with acorn before so i'm not sure how it compares. I like it and so far nobody has gotten sick :-)

ACORNS A

text

Made flour from acorns for years but never boiled them. I always use the acorns from the white oak and soak them for three days. I change the water every day. Then I lay them on a screen to dry for sometimes two weeks or roast them in the oven (which has a distinct nutty odor). It always depends on how much time I have. I would think that boiling them would remove some of the flavor.

ACORNS B

text

There are various types of oak trees in the United States and Canada and the taste is varied as well. Some are more bitter, so it's a good idea to learn which trees produce the sweet acorns. This will save time boiling and reboiling to get rid of the tannin in them. White Oaks have the sweetest acorns and need little boiling to remove the bitter taste. Their leaves do

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Acon

ACORNS, ACORNS, ACORNS

info

A food staple, delectable treats, and cute lil buggers, acorns have been processed on a wide scale in the Wintu area since sometime around 700 or 900

AD or so when climactic changes forced the shift of food sources from grasses to acorns, which of course along with this we see the introduction and increased use of specialized implements for processing this 'new' food source. Or so an ethnologist would say mano's to mortars.

Oak Trees (*Quercus*) are found throughout north America but some species are unique to northern California climates such as the California Valley Oak, or California White Oak. Which produces very good acorns for all around Wintu food acorn preparation. ie. breads, and soup, or Yuit in wintu. Also unique to the California area are the Coast Live Oak and the Tan Oak, which actually falls in to genus *Lithocarpus Densiflorus* who's fruit more closely resemble that of chinquapin nut or chestnuts. Of which the tan oak are far preferred but rare in the wintu territory. Live oak acorns make fair yuit but are poor for traditional bread techniques. Various other oak species flourish across the rest of the country, but unfortunately am not knowledgeable about the techniques required to remove the otherwise bitter tannic acids from these eastern species (Northern red, scarlet, blackjack, pin oak).

In the olden days there used to be hereditarily inherited rights to favorable acorn harvesting locations all around our territory, sometimes adjacent to the village or miles away in a valley or on a slope neighboring another band or entire tribes territory. There along a prominent ridge or a conspicuous tree, sticks may be laid to mark areas reserved for the sole use

of the owner of the marker. In times of famine the neighbors might come to perform the Sune' dance asking for contributions of acorns and other food stores which would be reciprocated or debt paid in aboriginal form. One such

place used to be down the road from my house outside Redding, the people from cotton wood creek owned those acorns and that was about 12 miles away from the Rancheria at Reading's Spanish rancho. The highly specialized art of basketweaving and the collection and processing of these vegetable foods were a chief duty of the Wintu female.

To prepare acorns collect first a gunny sack or so of whole unshelled acorns, from the branch, when ripe in late September or October. They used to be collected in the day by lots of wintu women. At the end of a long day of gathering acorns, grass, seeds, berries, hazel and pine nuts, they would come back into the village and empty all their burden baskets into granaries, large woven cradles sometimes 12-14 feet high and 4-5 feet across. I've seen others made from green (living) Buckbrush and bent to form

a cradle as it grows about 6 feet across and 4 feet high. Like the buckeyes I usually collect about a 5 gallon bucket full. To prepare, hull the acorns,

using the traditional method of cracking between the teeth. Sift on an open work basket to remove skin. Pound out to fine and/or coarse meal. And leech out. Again the key to this method is to find a suitable spot along a fresh water creek with an appropriate type of sand. The sand is pushed up to

form a dish and the meal placed in the 'dish' and water poured over repeatedly, repeatedly leech with water for one day. You can try using a cloth to separate the sand and meal.

Remove meal, coarse and fine meal will be completed separately, fine meal can be made into yuit (soup) by adding to a large acorn basket and introducing small pre-heated stones and stirring to avoid scarring the basket. Don't forget your plied willow stone fork for handling the red hot cooking stones. Usually stirred with a nice oak paddle. Once the acorns are warm they can be set to cool. Once cool it is ready to serve in individual serving baskets. The coarser meal can be made into coarse yuit or into bread, add pinch of red clay soil (iron oxide) and mix with water to doughy consistency. Preheat stone oven made over a ground fire, or cook evenly over

coals. Flipped, comes out a scorched consistency on surface. Cool, slice, (some ppl salt), serve along with deer or salmon, but always remember don't put the puufiich in the aama basket, because you won't get anymore.

APACHE ACORN CAKES:

1	cup	acorn meal, ground fine
1	cup	cornmeal
1/4	cup	honey
		pinch of salt

Mix the ingredients with enough warm water to make a moist, not sticky dough. Divide into 12 balls. Let rest, covered, for 10 minutes or so. With slightly moist hands, pat the balls down into thick tortilla-shaped breads. Bake on an ungreased cast iron griddle over campfire coals or on clean large rocks, propped up slightly before the coals. If using the stones, have them hot when you place the cakes on them. You'll have to lightly peel an edge to peek and see if they are done. They will be slightly brown. Turn them over and bake on the other side, if necessary.

These cakes were carried on journeys dry and eaten alone or with shredded meat. We cheat and add homemade butter, too. But then, we are spoiled. Multi-grain bread with acorn meal:

APACHE ACORN RAVIOLI IN CLEAR BROTH

— APACHE ACOR

2 Green anaheim chiles
1 tb Unsalted butter
1 tb Shelled and finely chopped
-acorns or unsalted
-pistachio nuts
3 oz To 4 oz soft white goat
-cheese
1 Recipe basic Egg Ravioli
-dough
2 ts Kosher salt
1 qt Water

Yield: 6 servings

APACHE ACORN RAVIOLI IN CLEAR BROTH

By: 'Native American Cooking,' by Lois Ellen Frank

2	green	anaheim chiles
1	tb	unsalted butter
1	tb	shelled and finely chopped acorns o
3	oz	to 4 oz soft white goat -cheese
1	reci	basic egg ravioli -dough
2	ts	kosher salt
1	qt	water
		clear broth
6	c	chicken stock
1		scallion, green part only,-diagonal; ly sliced
1/2	ts	azafran

Roast the chiles then peel, seed, devein and coarsely chop them,

Melt the butter in a saucepan over medium-low heat and add the acorns. Saute 3 minutes, stirring constantly. Add the green chiles and saute another minute. Remove from the heat, mix together with the goat cheese and set aside.

Prepare a stencil by cutting a design out of a piece of cardboard. For the ravioli in the photograph, we cut a stencil 5 inches in length, 3 inches in height, with 1-inch steps.

Roll out the ravioli dough as thinly as possible. Fold the dough in half, place the stencil over the dough and, with a sharp knife, cut around it. Repeat this process 11 times to make 24 identical pieces of dough.

Lay 12 cut out pieces of dough on a board and place about 1 tablespoon of the acorn filling in the center of each. Moisten the outer edges of each piece of the dough. Place the other 12 pieces on top, and press the edges together with your fingers. If the edges are slightly uneven, trim them. Set aside.

Add the salt to the water in a wide, large saucepan, and bring to a boil over high heat. Add the ravioli and cook 3 minutes, until tender and translucent around the edges. Drain and set aside.

Bring the stock to a boil in a large saucepan over medium-high heat. Add the scallions and saffron and simmer, uncovered, over medium-low heat 5 minutes. Remove from the heat and pour 1 cup of the broth into each bowl. Add some ravioli and serve.

Yield: 6 servings

APACHE ACORN RAVIOLI IN CLEAR BROTH

—APACHE ACORN RAVIOLI—

2		green anaheim chiles
1	tablespoon	unsalted butter
1	tablespoon	shelled and finely chopped acorns or unsalted pistachio nuts
3	oz	to 4 oz soft white goat cheese
1		recipe basic egg ravioli dough
2	teaspoon	kosher salt
1	quart	water

—CLEAR BROTH—

6	cup	chicken stock
1		scallion, green part only, diagonal; ly sliced
1/2	teaspoon	saffron

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From "Native American Cooking," by Lois Ellen Frank

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Add some ravioli and serve. *****

From "Native American Cooking," by Lois Ellen Frank

Yield: 6 servings

APACHE ACORN SOUP

By: TRADITIONAL RECIPES, PERSONAL BOOK

2-1/2 -3 lbs/lbs. round steak sweet acorns
(enough to make 3/4 cups of acorn f; lour)
salt

PLEASE USE A PLASTIC BOWL/ OR WOODEN ONLY...

CUT THE ROUND STEAK INTO SMALL BITE SIZE PIECES & COOK IN ABOUT ONE QUART WATER. LET IT SIMMER FOR ABOUT 3 HRS. OR UNTIL MEAT IS WELL DONE. SALT TO TASTE. SHELL THE SWEET ACORNS & GRIND THEM INTO VERY FINE FLOUR UNTIL YOU HAVE ABOUT 3/4 CUP FLOUR. STRAIN THE BROTH FROM THE MEAT IT WILL BE USED LATER. SHRED THE MEAT & PLACING IT IN A WOODEN OR PLASTIC BOWL MIX IT WITH THE ACORN FLOUR {{aluminum discolors the flour.}} POUR THE HOT BROTH OVER THIS MIXTURE & STIR. IT IS NOW READY TO SERVE IN INDIVIDUAL BOWLS.

**I USUALLY MAKE FRY BREAD TO GO WITH THIS CAN ALSO MAKE ACORN MUFFINS OR

BREAD TO GO WITH THIS...VERY TASTY...

APACHE ACORN SOUP

3	lb	stew beef
1	teaspoon	pepper
1	cup	ground acorn meal
2	quart	water
1	teaspoon	salt

Cover beef with water and bring to boil in a heavy pot. Simmer until done; add salt and pepper as meat cooks tender. Remove beef and chop on a flat stone until split in shreds. The meat broth continues to cook vigorously while meat and acorn flour (meal) are mixed together. Apaches stress that their food is always well done; no instant cooking. Broth, meat and meal simmer together until the broth bubbles creamy white with yellow flecks, pleasantly acorn scented and flavored.

Formatted for Meal Master by Lori Fuller

Yield: 1

APACHE ACORN SOUP

3	lb	stew beef
2	qt	water
1	ts	pepper
1	ts	salt
1	c	ground acorn meal

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APACHE ACORN-PINON SOUP WITH WILD FLOWERS

By: Foods of the Southwest Indian Nations

1	t	unsalted butter
1	c.	pinons (pine nuts)
4	t.	acorns, or unsalted pistachios; shelled
6	t.	chopped wild onions or leeks
9	c.	chicken or rabbit stock
1/4	tsp..	salt
1/2	tsp..	black pepper
1-1/2	qt.	half and half
		snipped wild onions, mint sprigs; and wild edible flowers

Additionally, this recipe is prepared with the small, brown acorns of the Emery oaks that are indigenous to the Chiricahua Mountains in the southeastern part of Arizona. The Apache tribes originally lived in this region before they were relocated northeast to San Carlos. Melt the butter

in a large saucepan over medium heat and sauté the pinons, acorns, and onions 4 minutes, until the onions are translucent and the nuts golden brown.

Add the stock, salt, and pepper. Bring to a boil, then reduce the heat to medium and cook until the mixture is reduced by half, about 20 minutes. Add the cream and reduce the mixture again by half, to 6 cups.

Remove from the heat and blend in a blender until the mixture is smooth. Push through a fine sieve; discard the contents of the sieve. Garnish and serve.

Yield: 6 p

BREAD ACORN

1	cup	acorn flour
1	cup	whole wheat flour (can be 3/4 cup w; heat and 1/4 cup carob fl or just use a total of 2 cups acorn; flour)
3	teaspoon	baking powder
1	teaspoon	salt
3	tablespoons	honey
1		egg
1	cup	raw milk
3	tablespoons	oil

Mix well and bake in a greased loaf pan for 30 to 45 minutes at 300 degrees F.

BURNING TREE ACORN BREAD

By: Burning Tree Restaurant

		reads
1	cup	acorn flour
1	cup	all purpose flour
1	tbl	baking powder
1/2	tsp	Salt
3	tbl	Sugar
1	pc	egg; beaten

1 cup milk
 1 tbl oil

Mix together, acorn meal, white flour, baking powder, salt and sugar. In separate bowl, mix together egg, milk, and oil. Combine dry ingredients and liquid ingredients. Stir just enough to moisten dry ingredients. Pour into a greased pan and bake at 400F. for 30 minutes.

NOTE: Acorn flour purchased at any Korean Store.

BURNING TREE GOLDEN ACORN SOUP

By: Burning Tree Restaurant

		part A
1/4	cup	roasted corn (parched); grind in blender
1/4	cup	pine nuts; add to blender
1/2	cup	sunflower seeds; add to blender
1/2	cup	pepitos; add to blender
1	tbl	acorn starch; add to blender
1		part B
5	gallon	water
3/4	cup	chicken soup base
1	lb	non dairy creamer
1/2	cup	peanut butter
1/2	cup	dry onion flakes
1/4	cup	garlic powder
1	tbl	black pepper
2	tbl	pepper flakes
1	tbl	cayenne
1/3	cup	menudo mix
1	lb	Butter
		corn starch to thicken

Part A Grind Dry corn in blender. Add water and grind again until smooth. Grind remaining nuts and seeds in blender until smooth and mix with corn.

Part B Make cream of chicken with water, chicken base and other ingredients except peanut butter, butter and nut mix. Bring to a boil. Adjust seasoning if needed add nut mixture and peanut butter. Continue at a simmer until all is mixed then thicken with corn starch water slurry to desired thickness. Simmer to cook starch.

Yield: 6 gal

CALIFORNIA ACORNS

By: Sisquoc

info

We usually gather the acorns up in the San Jacinto and Santa Rosa Mountains in fall. Store them in a dry place for a few months or till the next year and then crack, shell, remove skin and grind into flour. We prefer Black Oaks and have to leach the ground flour out with warm water. Then you can make it into a porridge, weewish (thick enough to cut into squares and stands like Jell-O), dumplings or use in bread or muffin recipes. For the mesquite I have a friend who gathers it down in the Coachella Valley area and she grinds the dry yellow bean pods in a blender. I have bought the ground flour from Native seed search in Tucson, AZ. When I couldn't get it here. To make our traditional bread you just add water to the flour, kneed it into dough, pat it out into small cakes, sun dry and there you go. It is honey mesquite and it is like a dried candy treat.

CHRIS NYERGE'S ACORN BURGERS

1/2	cup	coarse meal
1	cup	water
1	teaspoon	salt
1	teaspoon	butter
1		onion, chopped
1		egg

Combine meal, water, and salt, boil 15 minutes to soften. Melt the butter, and saut, one chopped onion. Mix with acorn meal, and egg, season to taste, make patties and cook/fry.

From: "Linda Roberts" <lrobe684@bellsou

Yield: 4 servings

CHRIS NYERGE'S ACORN PICKLES

2	cup	whole acorns, leached
6		peppercorns
1		bay leaf
1/8	teaspoon	mustard seed
1/2	cup	vinegar
1	teaspoon	honey

Sterilize jar and lid, pack with acorns, bay leaf and mustard seed.
Heat vinegar and honey, add to jar, add boiling water. Leave 1/2 " head room. Refrigerate 3 months.

These recipes are from an article by Christopher Nyerges (www.self-reliance.net) in COUNTRYSIDE & SMALL STOCK JOURNAL, Vol. 85 No.6, November/December 2001. "Christopher is the author of GUIDE TO WILD FOODS and ENTER THE FOREST. He has led Wild Food Outings since 1974. He and his wife operate the School of Self-reliance, teaching classes in wild plant identification and cooking.

From: "Linda Roberts" <lrobe684@bellsou

Yield: 4 servings

CHRIS NYERGE'S ACORN RECIPES

1 soup or mush

Southern California Indians commonly used the leached and ground acorns as a base for soup or mush. To use as a soup base, mix approximately two cups of the meal with 8 cups of water. Add diced onions, potatoes, carrots, wild greens, and seasonings to suit your taste. To use as a breakfast mush, add milk and/or water to the acorn meal to your desired thickness. Serve with whatever you'd add to oatmeal: such things as raisins, sliced fruit, honey, butter, and cream.

MEAL CAKES

Acorns are ground, sieved, and pressed (all while still "wet"). You must dry it well, and it will last one year. Reconstitute when ready to use. Use as needed. Pie crusts can be 1/3 meal cake. Can toast, and use as regular meal for nuttier flavor.

SLIVER

These are leached, and then ground with a special blade (a la salad shooter) which results in thin slivers. Use in pie, on toast, and as you'd use toasted coconut on top of foods. Gives a nutty flavor. Use where you don't want or need body. Can use with cheese balls. Ideally, toast before using.

FLAKE

These are sliced thin (when wet) with a slicing blade. Somewhat resembles small potato chips when dry. Used for casseroles, "meat loaf," and any type of heavier baked product. Can be toasted, used as chips, etc.

SHRED

Made with a larger blade, results in thin shreds. Can season with chili powder, soy sauce, etc. Used as fried things. Add oil to skillet, add onions, meat, vegetables, etc. Like pilaf. Can use in cheese balls. From: "Linda Roberts" <lrobe684@bellsou

Yield: 4 servings

CHRIS NYERGE'S ACORN RECIPES - BREAD

1	cup	acorn flour
1	cup	whole wheat flour or
3/4	cup	wheat and
1/4	cup	carob flour or just use a
1		total of
2	cup	acorn flour
3	teaspoon	baking powder
1	teaspoon	salt
3	tablespoon	honey
1		egg
1	cup	raw milk
3	tablespoon	oil

Mix well and bake in a greased loaf pan for 30 to 45 minutes at 300 degrees F.

PANCAKES

I use the above recipe for making pancakes simply by adding more milk or water until the consistency is correct for pancake batter. They are excellent when served with gooseberry topping.

From: "Linda Roberts" <lrobe684@bellsou

Yield: 4 servings

COLLECTING AND STORING ACORNS AND MEAL

1	acorns
1	acorn meal
1	acorn flour

Acorns will generally be at least somewhat green when picked from trees, but they normally turn brown in storage.

Not every acorn is sound. Several different insects, including filbert weevils and the filbert worm lay their eggs on the cap end of developing acorns. When the eggs hatch, the larvae begin to feed on the inside of the developing acorn. Larvae reach maturity at about the same time as the acorns do. When mature, weevils and worms bore their way out of the acorn. Exit holes made by the larvae are about the size of a pencil lead. Most acorns that have these small open exit holes have a lot of internal damage and should be discarded. Not all eggs develop into larvae, so acorns with closed pimple-like marks, may be perfectly sound. Acorns that are shriveled, lightweight, or cracked have often dried out excessively, and these should be discarded.

Insect and weevil damage can be minimized in the second year of harvesting by raking up and removing all old windfalls.

Collection of Acorns

Acorns are ready when the caps are removed easily without damage to the acorns. Usually when acorns start dropping to the ground, most of the acorns remaining on the tree are ripe. Acorns may be picked directly from the tree when they are ripe. The freshest nuts are collected this way.

Nuts may also be gathered from the ground if they haven't been there too long. Choose the acorns that are green or dark brown. Light brown color usually indicates that the acorns have been on the ground longer and are more likely to have become dehydrated.

Select the largest acorns, and avoid those with obvious cracks, holes, or damage from rodents or worms, and those that feel unusually light or hollow.

A blue-gray mold also damages fallen seed. Acorns covered for about 2 months by wet leaves show mold at the blunt ends that gets well within the nuts. Gather only freshly fallen acorns to avoid the mold.

Storage of Raw Acorns

The primary goal of storage is to reduce the metabolic activity (i.e. keep the seed dormant). The acorn is perishable, and the other goals of storage are to prevent the acorns from drying out or becoming moldy. Do not wash or soak acorns before storage, as the water and room temperature will start the germination process. Freshly harvested acorns should be stored at 33-41°F as soon as possible. A home refrigerator is adequate.

The easiest way to store acorns is in 1-gallon zip-lock-type plastic bags. Fill them only half full with acorns. Add a handful of dry peat moss. Peat moss is slightly acidic, which inhibits bacterial growth, and it absorbs excess moisture given off by the acorns, which helps prevent mold growth. Do not seal the bags. Leave them completely open, and lay them on their sides to allow air circulation so the acorns do not become moldy.

Some external mold growth on stored acorns can occur, but is generally not a cause for concern. However, if acorns are oddly discolored and feel soft when squeezed, they may be decayed. You can check a few acorns by cutting them open. The inside (the "meat") of a healthy acorn is whitish or yellowish. Decayed acorns will be dark brown or sometimes nearly black internally.

Acorn Meal and Flour

Leaching can be effectively accomplished by cold water. Crack and shell the acorns, then grind them into a coarse meal. Place the meal in a cloth sack or tightly woven, lidded basket and anchor the sack or basket in a clean flowing stream. Every several hours, taste the meal and when the bitterness and astringency are gone the leaching is complete. The meal is then spread out into flat, broad baskets and stirred frequently until sun-dried. To assure dryness for storage of the flour, it is best to then parch the meal on a flat rock over fire, or in a cast iron skillet. When doing this, a light roasting of the meal imparts a fine, nutty flavor to the finished flour. The leached, dried, parched meal can be used at this point, or ground once more into a fine flour.

Dry storage for the flour is essential. Acorn flour can easily become moldy with the right combination of moist conditions and a few warm winter days. When going into the storage container, smell the flour before using. If a musty smell has developed, discard the flour.

Acorns can serve as a host for the aflatoxin mold, as can peanuts, rye and other grains; most frequently, aflatoxin poisoning comes from the mold *aspergillus flavus*. Acorn flour often lasts into February or March before "going off," when stored at room temperature on the kitchen shelf in a ceramic container. Freezing prolongs the shelf life; but the flour loses the richness of its flavor 8-10 months after freezing.

Yield: 1 text file

CORN PUDDING STUFFED ACORN (MODERN)

2	acorn	squash, green, gold or white; halved
1/4	c.	water
1	t.	butter or margarine
1/2	c.	green or red bell pepper, chopped
1/3	c.	onion, chopped
2	c.	whole kernal corn
1	egg	yolk, lightly beaten
1	t.	light mayonnaise or salad dressing
1/4	tsp.	paprika
1/4	tsp.	pepper
1/4	c.	croutons, crushed
2	tsp.	fresh chives, or green onions; chopped,

Cut squash in half; remove seeds. Roast seeds if desired. Place squash halves cut side down with 1/4 cup water in a shallow casserole dish. Bake at 350 degrees fahrenheit for 25-30 minutes. Test with a fork the same as you would a baked potato for doneness.

In a medium to large saucepan melt butter. Add bell pepper and onion and saute for 3 to 4 minutes or until vegetables are tender. Stir in creamed corn, egg yolk, mayonnaise or salad dressing, paprika, and pepper until blended. Cover and cook 3 to 4 minutes, stirring once, until heated through. Fill squash halves with corn pudding mixture. Return to oven and bake until heated through; about 10 minutes. Sprinkle croutons and chives on top.

Yield: 4 side-dish ser

CORN PUDDING STUFFED ACORN SQUASH-MODERN

2	acorn	squash, green, gold or white, halve; d
1/4	cup	water
1	t..	butter or margarine
1/2	c.	green or red bell pepper, chopped
1/3	c.	onion, chopped
2	c.	whole kernal corn
1	egg	yolk, lightly beaten
1	t..	light mayonnaise or salad dressing
1/4	tsp.	paprika
1/4	tsp.	pepper
1/4	c.	croutons, crushed
2	tsp.	fresh chives, chopped, or green oni; ons

In a shallow casserole dish, place squash halves cut side down with 1/4 cup water in dish. Cover loosely; microwave on high (100%) power for 7 to 9 minutes until fork-tender, turning dish a quarter turn once during cooking. Let stand, covered, while preparing filling.

In a 1-quart casserole dish, place butter or margarine; microwave, loosely covered, for 40 seconds until melted. Add bell pepper and onion to dish; cover and microwave for 3 to 4 minutes or until vegetables are tender. Stir in creamed corn, egg yolk, mayonnaise or salad dressing, paprika, and pepper until blended. Cover and cook 3 to 4 minutes, stirring once, until heated through. Scoop out seeds and strings from squash. Fill with corn pudding mixture; cover loosely. If desired, microwave for 2 to 3.

CORN PUDDING-STUFFED ACORN

2	acom	squash, green, gold or white, halve; d
1/4	cup	water
1	t.	butter or margarine
1/2	c.	green or red bell pepper, chopped
1/3	c.	onion, chopped
2	c.	whole kernal corn
1	egg	yolk, lightly beaten
1	t.	light mayonnaise or sour creme
1/4	tsp.	paprika
1/4	tsp.	pepper
1/4	c.	croutons, crushed
2	tsp.	fresh chives, chopped, or green oni; ons

In a shallow casserole dish, place squash halves cut side down with 1/4 cup water in dish. Cover loosely; microwave on high (100%) power for 7 to 9 minutes until fork-tender, turning dish a quarter turn once during cooking. Let stand, covered, while preparing filling.

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CORNMEAL AND ACORN MUSH:

4	cups	water
1	tsp.	salt
1/2	cup	acorn meal, ground
		about 1 cup cornmeal

Bring salted water to a boil and sprinkle the acorn meal into the boiling water, stirring briskly with a wire or twig whisk. Then add the cornmeal. Add just enough cornmeal to make a thick, bubbling batch in which a wood spoon will stand up fairly well. Place the saucepan in a larger container holding two inches or more of boiling water. (Use a double boiler, if you have one.) Simmer the mush until quite thick, about 45 minutes, stirring occasionally to keep it from lumping.

Cornmeal and acorn mush is very good for breakfast on a cold morning. It can be served with sweetened milk and a dab of wild fruit jam or homemade butter. But it is also great as a main course lunch or dinner. You can also add salsa or bacon bits and grated cheese on top to get great variety. This mush is very filling and will stick to your ribs.

I often make a double batch and pour the "extra" in a greased bread pan. When cooled in the fridge overnight, it becomes quite solid and can be sliced in half inch thick slices, dipped in flour and fried in oil, first one side, then turn and fry the other. Fried acorn and cornmeal mush is one of our absolutely favorite camp (or at-home) breakfasts. Serve it with butter, salt, and thick fruit jam or maple syrup. Of course, David likes his with catsup.

DIABETIC ACORN SQUASH WITH CRANBERRY SAUCE

1 1/2	-oz.	pkg. whole fresh cranberries (do not; use canned)
1	large	thin skinned orange, unpeeled, seeded, and chopped
		1 large red delicious apple, unpeeled, seeded, and chopped
1/2	cup	water
1/2	tsp.	ground cinnamon
1/4	tsp.	ground ginger
3	tbsp.	splenda granular no calorie sweetener
4	small	acorn squash, about 1 1/2 to 2 1/4; lbs. each

Cranberry Sauce:

In a small saucepan, combine cranberries, orange and apple pieces. Add water. Bring to a boil; reduce heat. Add cinnamon and ginger; simmer until mixture is soft. Remove from heat and stir in SLENDA.

Squash Method 1:

Cut each squash in half and remove seeds. Place squash, cut side down, in a steamer basket and steam for 15 minutes. Squash is done when a fork pierces the skin easily.

Squash Method 2:

Slice squash in half. Scoop out the seeds and slice a tiny bit off the bottom of the squash so it will sit on the plate later.

Place the squash halves cut side down in a glass dish in 1/8-inch water. Prick the skin of the squash with a fork several times. Cover the dish with plastic wrap and microwave for about 3 to 5 minutes, depending on size of the squash. Squash is done when a fork pierces the skin easily.

After either method of preparation, stuff the cranberry mixture into the squash cavity. Steam the stuffed squash for 5 minutes or microwave for 1 minute.

Yield: 4 servings.

ELK STEW WITH ACORN DUMPLINGS

4	slices	bacon,halved
1 1/2	lb.	elk or beef chuck steak,trimmed and; cubed
1	quart	plus 1/2 cup water
1 1/4	cups	chopped onion
2	bay	leaves
1	teaspoon	salt(optional)
3		potatoes,peeled and diced
3		carrots,peeled and diced
1	large	turnip,diced
1/4	cup	acorn meal or hazelnut meal
		acorn dumplings
1/2	cup	acorn meal or hazelnut meal
1/2	cup	whole wheat flour
1 3/4	teaspoons	baking powder
1		egg,beaten
2	tablespoons	milk
2	tablespoons	vegetable oil

In a large skillet over med. heat, cook bacon until some of it's fat is rendered. Add elk and brown with the bacon. Add 1 quart of water,onion,bay leaves,and salt. Cover and simmer for 1 1/2 hrs. Add potatoes, carrots and turnip and cook 30 min. longer. Combine remaining water with acorn meal and stir into the simmering stew. In a bowl,combine dumpling ingredients and beat until smooth. Drop by tablespoons into the simmering stew. Cover tightly and steam 12 to 15 min.

Yield: serves 6.

ELK STEW WITH ACORN DUMPLINGS

4		slices bacon, halved
1 1/2	lb	elk or beef chuck steak, trimmed and cubed
1	quart	water plus 1/2 cup
1 1/4	cup	chopped onions
2		bay leaves
1	teaspoon	salt
3		potatoes, peeled and diced
2		carrots, peeled and diced
1	large	turnip, diced
1/4	cup	acorn meal or finely ground hazelnut; ts
—ACORN DUMPLINGS—		
1/2	cup	acorn meal or finely ground hazelnut; ts
1/2	cup	whole wheat flour
1 3/4	teaspoon	baking powder
1		egg, beaten
2	tablespoon	milk
2	tablespoon	vegetable oil

In a large skillet over medium heat, cook bacon until some of its fat is rendered. Add elk and brown with the bacon. Add 1 quart of water, onion, bay leaves, and salt. Cover and simmer for 1 1/2 hours. Add potatoes, carrot and turnip and cook 30 minutes longer. Combine remaining water with acorn meal and stir into the simmering stew. In a bowl, combine dumpling ingredients and beat until smooth. Drop by tablespoonfuls into the simmering stew. Cover tightly and steam 12 to 15 minutes.

From "Spirit of The Harvest: North American Indian Cooking," by Beverly Cox and Martin Jacobs.

Yield: 6 servings

GRANDMA'S ACORN GRIDDLE BREAD WITH SYRUP

3	cup	cornmeal
3	cup	acorn flour

1/4	cup	flour
2	teaspoon	baking soda
3	cup	milk
3		eggs beaten
1 1/2	teaspoon	salt
1 1/2	teaspoon	vanilla

Mix dry ingredients, add milk and stir until all ingredients are moist. Then add beaten eggs and vanilla. Stir until mixed well.

Ladle on a hot greased griddle (I use a no stick one now and cut out

the grease.) From: Jjdill1@aol.Com Date: Sun, 28 Sep
2003 12:08:14 EDT

Yield: 4 servings

HARVESTING THE WILD: ACORNS

By: Jackie Clay

info

When I was just a little girl, I used to collect acorns by the boxfull as they fell in the fall. I didn't know why. They just felt nice in the hand and somehow a big bunch of them felt satisfying. Could that be because somewhere in my ancestors' time, acorns were a very important food? Native Americans all across oak-growing North and South America harvested acorns, which were nearly as important a food as corn or beans. Such tribes as the Cherokee, Apache, Pima, and Ojibwa routinely harvested and used the acorn. These Indian gatherers taught early settlers how to harvest and use acorns in their cooking, as they did corn and other traditional foods. Even today, many Indians gather acorns, both to use themselves and to sell in Mexican markets.

And those bright, shining round acorns are very good for you, besides tasting great. Health benefits of acorns

Acorns have been tested and found to be possibly the best food for effectively controlling blood sugar levels. They have a low sugar content, but leave a sweetish aftertaste, making them very good in stews, as well as in breads of all types.

Ground, leached acorn meal, ready to dry. The bitterness is gone.

They are rich in complex carbohydrates, minerals, and vitamins while they are lower in fat than most other nuts. They are also a good source of fiber.

An additional benefit from eating acorns is in the gathering. Acorns, although they "fall from trees," must be picked and processed before eating, which requires a walk, then bending and picking up. All of these are good exercise. In fact, that is why many "primitive" foods are so healthy. They require exercise just to put them on the table, not just a short trip to the convenience store or fast food joint. But acorns taste

bitter!

One of the first things I learned as a little girl harvesting acorns was that they tasted awful. Unfortunately, many acorns do taste bitter. This is because they contain tannin, a bitter substance in oaks which is used to tan leather. Real pucker power here. Some varieties of acorns contain more tannin than others. They range from the Emory oak of the southwestern United States and northern Mexico, which is so mild it can be used without processing, to some black oaks with very bitter acorns, requiring lengthy processing to render edible.

Generally, the best acorns to harvest are those of the white oaks, such as the swamp oak, Oregon white oak, and burr oak, as they contain less bitter tannin. Luckily, nearly all acorns can be made usable with natural processing which renders them nutty and sweet. From the mighty oak

Acorns are one grain that literally grows on trees. Even a small oak tree can produce a bushel or more of tasty, nutritious acorns. And that granddaddy oak out in the pasture could produce nearly a thousand pounds. Now that is a lot of eating from a small area.

There are now several varieties of grafted oak trees, which bear nearly double the harvest of wild trees. These trees are available for purchase from specialty nursery companies.

Nice fat, ripe acorns, ready to be used for acorn meal or flour

Not only are acorns great food for us, but for many birds and animals as well. Any deer hunter can tell you that one of the best spots to ambush a wily buck is on a trail to a big oak tree. Deer and wild turkeys harvest these nutritious acorns to fatten up for winter.

Early settlers must have noticed this, as they soon began to turn their hogs out into the oak woods to fatten on the bounty of acorns. I accidentally had this happen to two of my own pigs. I had a litter of weaner pigs, six in number in an outside pen. While we were in town, a stray dog came by and had great fun, chasing the little porkers around the pen. None were injured, but two of them vaulted the pen wall next to the shed and took off

for the woods as fast as their little legs would run.

We hunted, called, and scoured the woods for days. Weeks. No piggies. By then, we figured a black bear, which were numerous in our woods, had a midnight snack of pork on the hoof.

Then one November, I was riding my horse down one of the wooded trails through huge old oaks, when I noticed turned-up fresh soil. Bear? Nope, my "bear" had left pig tracks. I tied my horse and scouted further, discovering seemingly acres of ground dug up underneath those bounteous oak trees. My lost piggies were found. But those tracks looked pretty big.

To make a long story short, we corralled those errant porkers and hauled them home. On putting them in the pen next to their brothers and sisters, we were shocked. Out in the woods, they really looked big, but now they looked huge. They were a third again as big. On butchering, the woods raised hogs weighed 290 pounds, while the grain fed hogs barely made 200 dressed. So much for "modern feeding." Of course the pigs had access to roots, grasses, insects, and more. But I credit much of their hearty size to those fat acorns they were gorging themselves upon.

As acorns hold a long time under the tree, the hogs were feasting on last year's crop all summer, then the fresh crop come fall. Not a bad natural feed. Harvesting

First of all, you'll have to check out your local oaks during the spring when the leaves and underbrush are not as dense. Get a little pocket tree book and try to identify the oaks you find. In many areas, there are several varieties of oaks available to the acorn harvester. Some are quite mild and sweet and others pretty darned bitter. If you have a choice, try to find a variety with mild meat and only a little initial tang of tannin.

My son, Bill Spaulding's hunting "shack" sits right in the middle of white oaks, which produce "grain from trees," as some Indian tribes refer to acorns, and also lure big deer, which come to feed on sweet, fat acorns.

You may have to simply nibble and check, come fall. Different varieties of oak have different shaped acorns. Crack a nice fat acorn with no worm hole.

Examine the meat. It should be yellowish, not black and dusty (insects). Now, simply nibble and chew up a part of the nut. If it is very bitter, spit it out and try another kind of acorn. When you find a grove of relatively mild acorns, note this for next year and harvest away.

As the understory is usually very thin below a decent sized oak tree, the acorns are quite easy to pick up. Depending on the variety of oak, your acorns will drop between late September and October, more or less, depending on your climate zone. The best way I've found to pick up acorns is to simply pick a nice dry, sunny day as soon as the acorns begin to drop and take baskets and sacks to the woods and sit down and pick them up. If you wait too long, the handy dandy squirrels and other wild critters will beat you to them, leaving only the worm-riddled hulls behind. Processing

The term "processing" brings to mind machines and chemical additives. With acorns, processing simply means making them ready to eat.

When I get home with my bounteous haul, I spread them out a layer thick on an old sheet which I have laid on a roof, corner of the yard, or some other out-of-the-way dry, sunny place. This lets them sun dry and prevents any possible molding before I get them shelled. It will also kill any insect eggs or larvae, which might be inside. If you cannot lay the acorns out in the sun, spread them in a single layer on cookie sheets in a very slow oven for an hour.

Some acorns, such as those of the Emory oak, require no more processing than cracking them open and eating them. Like most nuts, acorns of all types benefit from toasting on a cookie sheet in an oven at 175° F. Stir to prevent scorching.

However, most acorns do contain enough tannin to make leaching this bitter substance out necessary. To do this, simply sit down and crack a big bowlful of acorns, carefully examining each nut for black holes, which indicates a worm is inside rather than a wholesome plump yellowish-beige nut. Acorns are very easy to crack. The shell is pliable and quite thin. Pop the cap off, then simply grasp it with a pair of pliers and give a squeeze. Don't mash the kernel. Simply crack the shell. Then peel it off and toss the kernel into a bowl.

When all are done, get out your food grinder. Put a fine knife on the grinder and run the shelled acorns through it. This makes a coarse meal. Place this in a large crock or glass bowl. Then add boiling water to cover and let stand an hour. Drain and throw away the brownish, unappetizing water. Repeat. Then taste the meal. It should have a bit of a bitter tang, then taste sweet as you chew a piece. Continue leaching out the tannin as long as necessary.

When the acorn meal is mild tasting, it is ready to dry. I usually lay out a piece of old white sheet in a basket and pour the wet meal on it. Then, gathering up the edges, jelly bag style, I press and squeeze, getting out as much of the water (and tannin) as possible.

Author grinding shelled acorns in a hand grinder

One caution? don't let wet acorn meal lie about for hours, or it will surely mold. Keep at the leaching process.

Spread the damp meal out in a shallow layer on a cookie sheet or on sheets of your dehydrator. Then begin to dry it. In the oven, you only need the pilot light or the very lowest oven setting. As it begins to dry, take your hands and very carefully crumble any chunks which hold moisture. Slowly your meal will begin to look quite good.

When the meal is completely dry, run it through a fine setting on your grain mill. The traditional method was to use a stone (mano in the southwest) hand grinder to crush the meal on a large, flat stone (metate).

HONEY ACORN BREAD

4	cups	flour
2		eggs, beaten
2	tsp	baking powder
2	tsp	ginger
1	cup	honey
2	cups	milk
2	tsp	salt
1	cup	chopped acorns
		margarine
2	tsp	baking soda
1	tsp	cinnamon

Grease two loaf pans with margarine. Mix together all dry ingredients, thoroughly. Beat eggs, gradually adding milk. Add egg mixture alternately with honey to dry ingredients. Beat well. Stir in acorns and pour evenly into loaf pans. Bake in cardboard oven at 350 for 45 minutes or until golden. If bread is done, it will come out of pan easily when pan is turned over and tapped gently. If not, bake for another 10-15 minutes. Remove bread from pan immediately when done and cool. This spicy bread always tastes better the second day when its flavors have had a chance to mellow and blend.

HOW TO USE ACORNS FOR FOOD AND BREAD

By: Successful Harves

text file

There are many species of oak trees. Oak trees are found throughout. They prefer open woods and bottom land. Normally, they are divided into two major groups: Red Oak - The red oaks have deeply scalloped leaves with very pointed tips. The acorns from the red oak are very bitter. The acorns require two growing seasons to mature, have a hairy lining on the inside of the shell, and the nutmeats are yellow in color. Red oaks are also members of the black oak family. (Photo: Oak Trees - Quercus spp. Provide Acorns Rich in Protein and Oils) White Oak - The white oak also has leaves with deep scallops, but the tips are rounded. The acorns of the white oak are less bitter than those of the red oak, and they require only one growing season. The inner portion of the white oak acorn shell is smooth, and the nutmeat is white in color. The chestnut oak is considered part of the white oak classification. NUTS: The nuts are gathered during the fall from September to October. When processed properly, acorns have a pleasant nutty flavor. Acorns are an excellent source of energy, protein, carbohydrate, and calcium. When collecting acorns, one should not be surprised that many of them must be discarded due to insects or mold, so more should be collected than are needed. If you spread a sheet of plastic under the tree and use only those acorns that fall within a one-day period, this seems to reduce bug infestation, an especially important problem for acorns that are to be stored in their shell. The ripe tan-to-brown acorns, rather than the unripe green ones, should be gathered. The bitterness in acorns is caused by tannic acid which is water soluble. To remove this unpleasant taste, shell the brown, ripe acorns and remove any corky skin layers, dice the meat; and boil the chunks in water from 15 to 30 minutes until the water turns brown. Then pour off the water and repeat the process until the water clears, indicating that the tannic acid has been removed. Periodically taste a bit of the acorns until you no longer detect any bitterness. (Native Americans would let the crushed acorn meat soak in a fast-moving, clean stream for several weeks to remove the bitterness.) During the last boiling, salt water can be added; then the acorns can be deep fried or mixed in a soup. Also, finely chopped acorn meats can be added to bread and muffins, or the soft acorn nut can be added as a protein booster to cooked greens. After the leaching process, acorn meat can be frozen. To make flour, the boiled acorn meat can be split in two and dried by slowly baking in a 200 degree oven with the door cracked to allow moisture to escape.

Or, they can be dried in the sun. They are then crushed or ground and used as a thickener or as flour. Another method is to roast the fresh acorns to work well in a grinder or blender. After grinding, the course flour is placed into a cloth bag and boiled to leach out the tannic acid. Acorn flour can be used alone to make an acorn bread, but it is not very pleasing to most tastes. Acorn flour is more palatable when mixed with wheat flour or corn meal-one part acorn meal mixed with four parts corn meal for corn bread, or one to four parts wheat for bread. The acorn meal can also be heated in water to make a nutritious mush. Or add enough water to make a thick batter. Add a dash of salt and sweetener to improve the taste. Allow the batter to stand for an hour (or until thick) then pat into pancakes and cook or twist and bake on an open fire. The leached acorns, after they are roasted until brittle, can be ground and used as a marginal coffee substitute. In their shell, the dried acorns will store for a time. Some Native Americans stored acorns for several years in bags buried in boggy areas. CAUTION: In the identification and use of wild edibles as a food and herbal healing source, care and attention to details should be exercised, as some plants are toxic. Always use several field guides to insure proper identification. Better yet, you should be trained by an expert. The above informatio

KINDS OF ACORNS

text

From the information I have gathered, the Chiquapin Oak's acorns does not need leaching. All the others are edible with leaching, which removes the tannis from the nut. The taste is similiar to Chestnuts after this process.

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From the information I have gathered, the Chiquapin Oak's acorns does not need leaching. All the others are edible with leaching, which removes the tannis from the nut. The taste is similiar to Chestnuts after this process.

NATIVE AMERICAN ELK STEW WITH ACORN DUMPLINGS

4	slices	bacon, halved
1 1/2	lb	elk or beef chuck steak, trimmed and cubed
1	qt	water plus 1/2 cup
1 1/4	cup	chopped onions
2	bay	leaves
1	teaspoon	salt
3		potatoes, peeled and diced
2		carrots, peeled and diced
1	lg	turnip, diced
1/4	cup	acorn meal or finely ground hazelnut; ts acorn dumplings
1/2	cup	acorn meal or finely ground hazelnut; ts
1/2	cup	whole wheat flour
1 3/4	teaspoon	baking powder
1		egg, beaten
2	tablespoon	milk
2	tablespoon	vegetable oil

In a large skillet over medium heat, cook bacon until some of its fat is rendered. Add elk and brown with the bacon. Add 1 quart of water, onion, bay leaves, and salt. Cover and simmer for 1 1/2 hours. Add potatoes, carrot and turnip and cook 30 minutes longer. Combine remaining water with acorn meal and stir into the simmering stew. In a bowl, combine dumpling ingredients and beat until smooth. Drop by tablespoonfuls into the simmering stew. Cover tightly and steam 12 to 15 minutes.

Yield: 6 servings

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1	teaspoon	salt
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2		carrots, peeled and diced
1	large	turnip, diced
1/4	cup	acorn meal or finely ground hazelnut; ts ***acorn dumplings***
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From "Spirit of The Harvest: North American Indian Cooking," by Beverly Cox and Martin Jacobs.

Yield: 6 servings

NATIVEWAY APACHE ACORN STEW

3 lb Round steak, cut into bite Size pieces

Sweet Acorns (enough to make $\frac{3}{4}$ c Acorn flour)
Salt

Cook beef in about 1 quart of water. Let it simmer for about 3 hours or until meat is well done. Salt to taste. Shell acorns and grind them into very fine flour until you have approximately $\frac{3}{4}$ cup of flour. Strain the broth from the meat (it will be used later). Shred the meat and, placing it in a wooden bowl, mix it with the acorn flour. (Note: metal utensils or bowl will discolor the flour) Pour hot broth over the mixture and stir. It is now ready to serve in individual bowls. Usually served with fry bread.

Classification: traditional
Nation/Tribe: Apache

From: The Native Way Cookbook: The Cookbook Of The Grandmothers At: <http://www.wisdomkeepers.org/nativeway>

"Visit the White Buffalo Sites and the Native American Ring"

Yield: 4 servings

NATIVEWAY APACHE ACORN STEW

3	lb	round steak, cut into bite
1		size pieces *
1		sweet acorns (enough to make
$\frac{3}{4}$	cup	acorn flour)
1		salt

*Beef, elk or venison

Cook beef in about 1 quart of water. Let it simmer for about 3 hours or until meat is well done. Salt to taste. Shell acorns and grind them into very fine flour until you have approximately $\frac{3}{4}$ cup of flour. Strain the broth from the meat (it will be used later). Shred the meat and, placing it in a wooden bowl, mix it with the acorn flour. (Note: metal utensils or bowl will discolor the flour) Pour hot broth over the mixture and stir. It is now ready to serve in individual bowls.

Usually served with fry bread.

Classification: traditional Nation/Tribe: Apache

From: The Native Way Cookbook: The Cookbook Of The Grandmothers At:
<http://www.wisdomkeepers.org/nativeway> "Visit the White Buffalo Sites
and the Native American Ring"

Yield: 4 servings

NATIVEWAY APACHE ACORN STEW

3	lb	round steak, cut into bite
1		size pieces
1		sweet acorns (enough to make
3/4	cup	acorn flour)
1		salt

Cook beef (elk or deer meat) in about 1 quart of water. Let it simmer for about 3 hours or until meat is well done. Salt to taste. Shell acorns and grind them into very fine flour until you have approximately 3/4 cup of flour. Strain the broth from the meat (it will be used later). Shred the meat and, placing it in a wooden bowl, mix it with the acorn flour. (Note: metal utensils or bowl will discolor the flour) Pour hot broth over the mixture and stir. It is now ready to serve in individual bowls. Usually served with fry bread.

Classification: traditional Nation/Tribe: Apache

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<http://www.wisdomkeepers.org/nativeway> "Visit the White Buffalo Sites
and the Native American Ring"

Yield: 4 servings

NUPA ACORN SOUP PART 1

1	black oak acorns - cleaned
1	about 20 pounds
1	water
1	cedar or redwood bows

Acorns are gathered in the fall, right now we are in the peak of the season. Usually the first fall of acorns we disregard. They are normally the wormy ones. Sometimes we will gather these "Pehepes", and use them in our dance regalia. These "Pehepes" are acorns that have been infested with worm larvae, and they make the acorns form looking like hunchbacks. They make interesting necklaces and there is a story about "Pehepes" and why we use them, but that again is another chat...

My family and I have been known to gather tons of acorn. In the past my Great Aunt Mary had a room in her house where we would deposit all of the acorn we gathered. This was a 10'x12' room, with a four foot board across the doorway. This room was always full of acorn. As children we used to fight for the right to jump into the acorn and stir them up. Anyone bigger than a child would crack the hulls. This had to be done twice a week so that moisture didn't build up and that the acorn dried properly. Traditionally our people stored acorn in 'Chukas', acorn graineries made of cedar and California laurel. These are cylinder in shape and raised above the ground on stakes about three feet. Lacking a spare room for my acorn, I store mine in gunny sacks and hang the filled bags from the rafters in my garage. My sisters living on the rez, use the huge army surplus bins my parents bought. They keep them covered and stir them twice a week. No matter how you store your acorn it is essential that you add a generous amount of California laurel with the nuts. Laurel or bay leaf is a natural insect repellent and keeps the bugs away from the acorn.

We let the acorn dry or season at least for a year, this assures that the nuts are well dried. We then crack and hull the acorns. We then spread the acorn meats to allow any additional drying. On the acorn is a red skin, the skin is thicker in the crevices of the nut, it is very important that all of this skin is removed. Otherwise when cooked it is like trying to swallow the chewy part of popped corn. When the nuts are dried this red skin has a tendency to really cling

to the nuts. If you sprinkle a little water on them when they are dry it lifts the skin making it easier to remove. We use an open twined winnowing tray in this process of removing the husk skin.

Once the acorn is cleaned thoroughly and dry, we begin the hard work. The acorn now needs to be pounded. It is not ground. We do not have grinding rocks, we have pounding rocks. We also have granite mortars and pestles. The pestles are raised above the hole in the mortar rock and allowed to slide through your hands into the acorn in the mortar. Some folks use a 'hopper basket' which catches the acorns as they hop up and allows them to roll back into the mortar. The basket is a conical shape, like a funnel. Of course this is a very time consuming process and you develop wonderful arm muscles. But, let's face it folks, this is 1998. Today for smaller batches you can use an electric coffee grinder, a Veggie meal, mill and juicer works wonders for medium batches. For large batches like my sister and I do, we use an electric flour mill. The acorn flour should have the consistency of wheat flour mixed with very fine corn meal.

Once you have your flour ground, you can begin your next step. This process is called leaching. In this step you are washing out the tannic acid in the flour. Tannic acid is bitter to taste, if you can digest enough it is toxic. Only cattle, pigs, deer and rodents are known to eat them raw. Though in California there are documented cases where in a heavy acorn fall cattle ate too much acorn and dropped dead in the pasture.

Traditionally we would go to the nearest stream and find a sandy area. Here we would form out a leaching bed and spread out the acorn flour on top of the clean sand. We would then form a channel bringing the water to the bed and allowing a steady stream to flow over the acorn. Cedar bows are used to allow the incoming water to flow evenly over the flour. You would allow this to continue for at least 8-10 hours, depending on how much and how deep the flour is, after 8 hours you would make a taste test to determine if it was ready. Today we have a raised table made of boards and chicken wire, which we cover with a thick bed of fresh pine needles, and then a clean cotton sheet. On top of this we spread the acorn flour and leach it using a water hose placed on top of a spread of fresh cedar bows. It still takes 8-10 hours. When the leaching process is complete, the flour will no longer have a bitter taste, but rather a slightly sweet taste. When it is ready we pick it up off the leaching bed. It comes up like globs of wet clay. Using the traditional method of a sand bed you would gently wash off any sand with water. Because acorn is high

in oils not much adheres to it.

The leached acorn flour is then mixed with water, usually a 2-1 ratio for a thick soup or a 3-1 ratio for a thinner soup. This is an approximate measure, as my sister and I mix the flour and water with our hands and know what we are looking for. My sister and I still cook acorn in the traditional method, using baskets and hot rocks. The baskets used for cooking are three rod coiled cooking baskets. They are water tight. In order to use these baskets for cooking they must be soaked in water overnight. This allows the basket material to soak in the water and makes the basket water tight. Before cooking acorn we take a little of the leached flour and rub it into the weave of the basket to assure no leakage. We then mix the leached acorn flour with water in the basket. From: "Andre And Melana" <kanawa@rocler From: Jim Weller Date: 02-08-02

Yield: 4 servings

NUPA ACORN SOUP PART 2

1

con't

The morning we are going to cook the leached acorn we build a large fire in the cooking fire pit. The fire is built upon a stack of cooking rocks. They can be either basalt rocks or soapstone any other type of rock will burst and crumble. Whatever you choose to use, you always count them before building your fire. Your fire is a clean fire, built of clean wood. No use of petroleum products to start your fire, and never, never throw trash of any sort into a cooking fire. We use only oak or manzanita wood, as these are hot burning woods and leave little ash. We keep this fire burning hot for at least a couple of hours.

When we are ready to cook, the cook's helper will lift the cooking rocks out of the fire one at a time, using large sticks called 'pinita', they resemble oversized chop sticks, made of young cedar or oak saplings. Each rock is dipped into a vessel of water to wash off the ash, then a second vessel to assure it's cleanliness. The rock is then placed on the cooks waiting cooking paddle or stirring loop. The cook then gently lowers the rock into the mixed acorn flour, one at a time. It takes approximately four to six rocks the size of an adult fist to bring a basket full of acorn soup to a full rolling boil. The cook keeps the rocks in constant motion. This assures that the basket is not scorched or burned. This cooking process takes about 15-20 minutes. The baskets used are about as large if not larger than a large stock pot. This is a very efficient method of cooking. When the acorn soup, or 'nupa' is done, the cook removes the hot rocks from the soup. Sometimes the cook will drop the rocks onto clean cedar bows and allow the acorn adhered to it to bake, making what my kids call acorn chips. Other times the cook dips her hand into clean water and cleans off each rock as she takes it out of the soup then drops it onto the earth to allow it to cool and bake clean itself. This is how we cook acorn soup, or 'nupa'. The other way we serve it is in little water dumplings or 'ulay'. For this we cook the acorn into a very thick soup, when it is done cooking we use a small basket and individually dip a basketful of the thick acorn soup into very cold running water. It immediately solidifies into like a gelatin dumpling. Many elders prefer this older style of cooked acorn. This is how my people, the Northern Sierra Mewuk (Miwok) prepare acorn.

Acorn is high in protein and contains almost every essential vitamin. This we know because we had to have it analyzed before the doctors at Oak Knoll Naval hospital my grandmother was in prior to her passing would allow her to have it.

Note: A little background on myself: Here in California I am referred to as a Traditionalist, that is I still practice the traditional ways and ceremonies of my people. I am a basketweaver, I make coiled and twined Mewuk (Miwok) baskets. I am a founding Board Member of the California Indian Basketweavers Association, and served on the Board for the last eight years. I am an artist, I work with oils, acrylics, pastels, watercolors, pencil and pen. I make jewelry, a view of my work can be seen in the May 1997 issue of Ornament Magazine in an article announcing the opening of a Beadwork show at the American Indian Contemporary Arts Gallery in San Francisco. For those of you who are wondering what I look like, if you have a copy of the Time/Life Series, Indians of America, in the Indians of California book, you can see me, on page 54, there is a photo of me cooking acorn.

Offered by Kimberly R. Stevenot (aka Billierose) Northern Sierra Mewuk (Miwok) Tuolumne Rancheria, Tuolumne, CA
<http://www.zianet.com/witchy/recipes/native/> From: "Andre And Melana" <kanawa@rocler

From: Jim Weller

Date: 02-08-02

Yield: 4 servings

OYSTER-STUFFED ACORN SQUASH

4		acorn squash or
2		butternut squash or
1		blue hubbard squash
2	tablespoon	corn oil
—OYSTERSUNCHOKE STUFFING—		
1/4	cup	sunflower seed or corn oil
1	lb	chorizo, venison or other
1		sausage; diced
4	medium	onions; diced
1	lb	sunchokes; diced
2		batches johnnycakes or
5	cup	corn bread; crumbled or wild rice
1	cup	cranberries; coarsely choppd
1	cup	raisins
1	pint	oysters; w/ liquid
1/4	teaspoon	sea salt
1/4	teaspoon	pepper
1/4	teaspoon	sage
1/4	teaspoon	dill
1/4	teaspoon	parsley

To make the Stuffing: Heat oil in a large heavy skillet over medium heat. Add sausage, then onions, and cook for about 5 to 8 minutes, stirring often to cook evenly. Add sunchokes, blending thoroughly, and cook for another 3 to 5 minutes. Add remaining ingredients, stirring and blending well. Remove from heat. Balance seasonings.

This will also stuff a large 18- to 20-pound turkey or three brace of pheasant. You can also serve it in a generous baking dish or use it to stuff choice acorn, butternut or blue Hubbard squashes.

Makes about 14 cups

To Assemble: Clean the outside of the squash. Slice in half and trim so they sit level. Scoop out seeds (save for roasting). Rub or brush cut sections with oil, inside and out. Place in an oiled baking dish, skin side down. Stuff generously so stuffing mounds up. Bake for 30 to 35 minutes at 350°F.

Makes about 4 to 8 servings. "Enduring Harvests: Native American Foods & Festivals for Every Season"

by E. Barrie Kavasch The Globe Pequot Press, Old Saybrook, Connecticut ISBN = 1-56440-737-3 Scanned and formatted for you by The WEE Scot - paul macGregor

Yield: 4 servings

PROCESSING ACORNS

1 acorns

After removing caps and shells, acorns can be eaten raw or roasted. To roast, nuts should be baked at 250°F to 300°F for 1 hour. For more bitter acorns, boil kernels whole for 15 minutes and pour off water.

The discarded water will be brown with tannin. Add fresh water, boil another 15 minutes, and continue this process until the water is only slightly tinted. Once tannin is removed, roast nuts as described above. From: "Manyfeathers1" <manyfeathers1@yadate: Fri, 31 Oct 2003 15:07:16 -0000

Yield: 4 servings

REFRIED ACORNS

1/4	cup	olive oil
4	cup	leached acorns
1		medium-size onion, chopped
6		cloves garlic, chopped
4	small	chiles, seeds and ribs removed, chopped
2	tablespoon	chopped fresh cilantro or parsley leaves
1	teaspoon	chili powder
1	teaspoon	dried sage, finely crumbled
1	teaspoon	freshly ground cumin
1	teaspoon	dried oregano, finely crumbled
2	tablespoon	bragg's liquid aminos or

1 tamari soy sauce

This recipe is a wild alternative to Mexican refried beans, with acorns replacing the beans. Serve it as a side dish with other Mexican foods.

1. Heat the olive oil in a large skillet over medium heat. Add all the ingredients except the Bragg's Liquid Aminos and cook, stirring, for 15 minutes.

2. Stir in the Bragg's Liquid Aminos and serve.

Serves 6 to 8

From: Wildman Steve Brill <wildmansteve

Yield: 4 servings

ROASTED ACORN SQUASH SOUP

2	medium	acorn squash
2	tablespoons	olive oil, plus more for brushing o; n squash
		salt
		ground black pepper
2	tablespoons	butter
1	medium	yellow onion, chopped
1	large	carrot, chopped
4	ribs	celery, chopped
1	cup	white port
6	cups	chicken stock or 1 (49.5-ounce) can; chicken broth
2	thyme	sprigs
1	bay	leaf
2	whole	cloves
2	pods	star anise
		fresh lemon juice to taste
		toasted squash or pumpkin seeds, fo; r garnish

Preheat the oven to 350 degrees. Cut the squash in half, and scrape out the seeds; brush the pulp with olive oil. Sprinkle with salt and pepper to taste. Place in a baking pan; roast 35 to 45 minutes or until tender. Let cool. Scoop out the flesh and set aside.

In a large, heavy-bottom pot or Dutch oven, combine butter, 2

tablespoons olive oil, onion, carrot and celery. Cook over medium-high heat, stirring constantly, until vegetables begin to soften but not brown, about 7 minutes.

Add squash, port and stock; stir well and bring to a simmer. Add thyme, bay leaf, cloves and star anise. Simmer for 1 hour, stirring occasionally. Let cool slightly.

Working in batches, ladle soup into a blender or food processor; process until smooth. Pour into a fine-mesh strainer; stir to pass the mixture through the strainer. Add lemon juice, salt and pepper to taste. Reheat if necessary. Garnish each serving with toasted seeds.

Yield: 4 to 6 servings

SEMINOLE ACORN STEW

2 1/2	lb.	stew meat, cubed
1 1/2	qt.	water, or more as needed
2	lg.	onions, coarsely chopped
		salt and pepper to taste
2-3	lbs	acorns (enough to make 1 cup meal)

Place meat into a pot with water and onions. Bring to boil, reduce heat and simmer for 3-4 hours or until meat is very tender. Add more water if necessary. There should be about 3 cups of broth when meat has been cooked. Add salt and pepper to taste, and keep the stew warm. Shell the acorns and grind them in food processor or blender into a very fine meal. With a slotted spoon remove the meat and onions from the pot and place into a glass bowl. Add the acorn meal and blend well. Bring the broth to boil; pour it over the meat mixture and blend well. Adjust seasoning by adding more salt and pepper if desired. Serve immediately with Fry Bread.

Yield: serves 6

SEMINOLE BAKED ACORN SQUASH

4		medium-sized acorn squash
16	teaspoon	honey

8	tablespoon	butter or margarine
1		fresh ground pepper to
1		season

Slice the squash in half crosswise and scoop out the pulp and seeds. Trim the bottoms, if necessary, so that the quash will stand hollow side up.

Place 2 teaspoons honey in the hollow of each squash, then add 1 tablespoon butter or margarine to each and a twist or two of fresh ground pepper.

Place squash in a large, shallow baking pan and bake, uncovered, in a moderate oven, 350 degrees, for about 2 1/2 hours or until the squash are tender.

Submitted to Dave's Kitchen by Darren King
<http://www.squygeynork.com/food/> From: "Df" <new_user@email.Msn.Com>

Yield: 4 servings

TURNING ACORNS INTO MEAL

info

The process of turning acorns into meal starts by going out into the oak groves in the fall and harvesting the acorns. Turning the acorns into meal is not easy. It often takes the entire village to find and gather them. Adding to the problem is the fact that oak trees produce good harvest every four or five years.

Once the Chumash find a sufficient amount of acorns, they crack them one at a time to check for worms using a hammer stone. This same tool is used to grind the acorns once they have been removed from their shell. Then, when it is fine enough, they sift it through a basket and remove any unrefined pieces. They then lay leaves down on hot sand and spread the acorn meal all over the leaves.

Water was boiled using hot rocks and poured on top of the acorn meal. They do this to get rid of the tannic acid which can cause stomach problems. A bitter taste to the acorn meal indicates that there is still some tannic acid left, and that it must be removed. The rinse water is a milky white color until all the tannic acid has rinsed off. The water will run clear when it is thoroughly cleaned. This is known as the leaching process.

The Chumash allow the meal to dry in the sun for a while and the process ends by placing the acorn meal into tightly woven baskets and storing it in huts for the winter. A healthy gruel, or oatmeal type food, was made from the ground acorn meal. It could also be made into flat cakes and cooked on a steatite comal over a fire.

The whole village would be involved in gathering the acorns during the fall season. Granaries were used to store unshelled acorns until it was time to grind them. Coastal Live Oaks could drop as many as several hundred pounds of acorn nuts.

The age of manos and pestles that are found today help date the site of grinding activity. Manos were used as long ago as 3000 years. The pestle shape evolved about 1500 years ago. Often, large groups of manos or pestles are found near grinding sites. It is thought that this was because they

were

too heavy to carry back to the village. Grinding sites were usually conveniently located near running water to assist in the leaching process.

Each woman maintained her own work site even though there was no ownership of the land.

This healthy flour formed the base of nutrition in the Santa Susanna area.

The Chumash and Gabrielino did not farm, but gathered and hunted fresh food to accompany their acorn based diet.

VENISON-ACORN STEW (TRADITIONAL)

2	lb.	venison, cut up
1	c.	finely ground acorn meal

Cover venison with water in pot or basket; Add hot rocks to simmer until meat almost falls apart. Remove meat from broth and chop into fine pieces. Return to pot with liquid and stir in acorn meal.

Serve hot.

WHITE SAGE ACORN DRESSING

By: Burning Tree Native Grill

6	bags	seasoned croutons
2	stalks	celery; slices
2	large	onion; diced
1	cup	dried acorns; chopped
1	no. 10 can	water chestnuts; sliced
1	tblsp	fennel seed
1	flat medium	eggs; beaten
2	tblsp	white sage; pulverized
		turkey stock to moisten
1	cup	hickory nuts; chopped

Mix all dry ingredients add eggs stir well then add turkey stock. Bake in slow oven covered until done.

Yield: 50 servings

Preparation Time (hh:mm): 30 m

WIWISH CAHUILLA ACORN MUSH

1	cup	acorn flour drained but wet cold wa; ter leached
1	cup	water (some acorns need more some l; ess)
1/4	to	1/2 tsp. salt (to taste)
1/4	cup	sweetener honey or fruit juice conc; entrate optional

Mix ingredients together and bring to a boil, or until wewish thickens.