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Ono?óhkwa.

[s.l.]: [s.n.], 1970/1979

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T-16

Hominy

The way that I used to make hominy is that I'd dip yellow corn or white corn in water and then throw it in a mortar. Then I'd use a pestle and slowly pound it until the hull comes off. Then I'd sift it and scatter it and then boil it. I'd mix in some Oneida [kidney] beans to what was already cooked. You can throw in meat or sweet milk as you like it.