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Kanastóhahle.

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

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Z-2

Cornbread

Grind some shelled Indian corn (white flint corn) until it becomes flour and then sift the flour in a big dish until it is entirely flour. Then in a big dish throw some flour and throw in some boiling water and stir it to make it round until it becomes solid when it gets round. Then set a kettle on the stove to boil. Then throw in beans and mix it all together. Toss it in and boil it for one hour until it is cooked. Then take out the bread and store it away for gruel soup. They usually take some along when they go hunting. One drink will last him all day so he won't get hungry.