



Kanłstóhale.

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

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Cornbread

You mix two quarts of hardwood ashes and four quarts of Oneida corn. Then you boil it perhaps twenty minutes until the hulls peel off. Then you wash the corn until the ashes are wiped off. Then you dry the corn until it is almost dry. Then you make flour by using a meat grinder or perhaps a mortar and pestle. When you've ground it into flour, then you sift it until you can make dough. You mix in Oneida beans that have already been cooked separately. Then you add boiling water. You put on a kettle to boil the water. Then you make the dough in the size of dinner plates. It should be two inches thick and then you add the dough to the boiling water. Maybe I should say that you take the bread out in two hours.