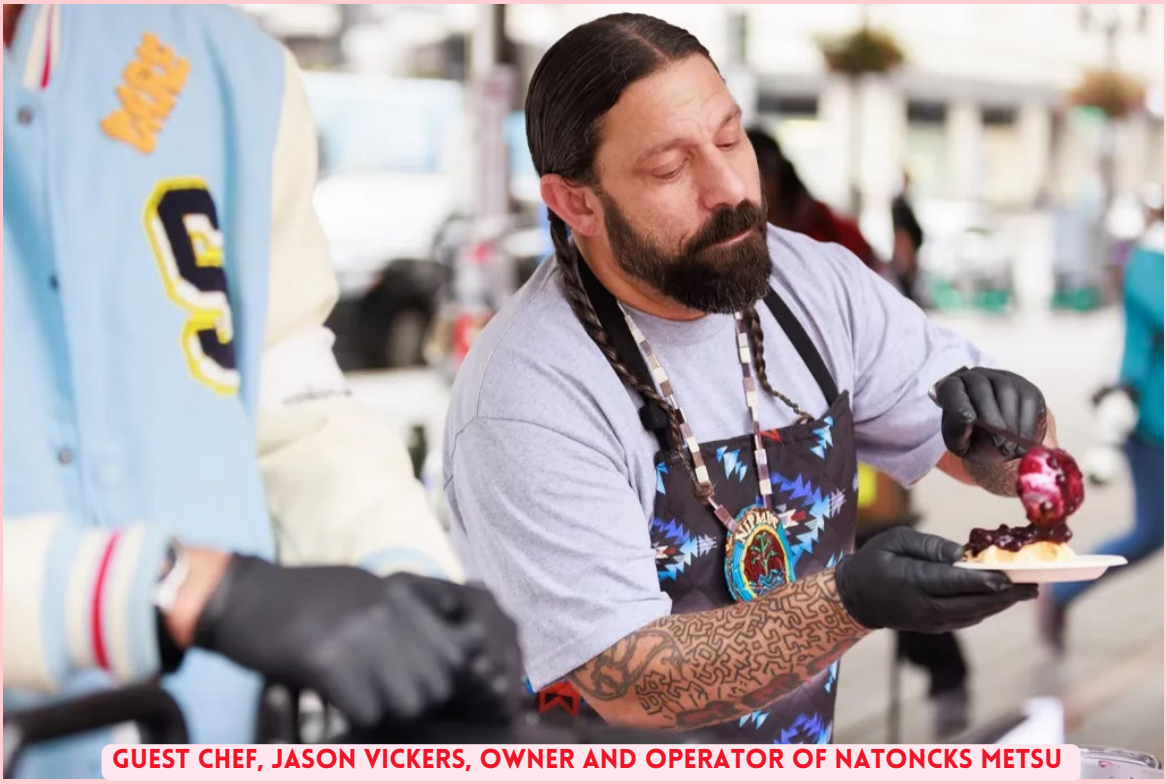
COMMUNITY KITCHENS
A PROGRAM OF TILTH ALLIANCE

RECIPE BOOKLET

INDIGENOUS TAKEOVER WITH NATONCKS METSU



GUEST CHEF, JASON VICKERS, OWNER AND OPERATOR OF NATONCKS METSU

CONTENTS:

MEET CHEF JASON VICKERS, PG 1
MEET HILARIO ALVAREZ, ALVAREZ FARM, PG 1
AUTUMN VEGGIE HASH RECIPE, PG 2
TRADITIONAL JOHNNY CAKES RECIPES, PG 3
GAME MEAT STEW, PG 4

MEET CHEF JASON A. VICKERS

Jason A. Vickers, Ohomous Nut Annokinam (Painting Owl)
Hassanamisco Band, Nipmuc Nation

Born in his ancestral home, Worcester, Massachusetts, Jason comes from two big families; his mother's Italian heritage as well as his father's Indigenous roots, based right there on the literal ground they lived on.

The family moved to Seattle where Jason came of age in and around Seattle's ever-growing restaurant scene around Pike Place Market. He saw the world of the farmer, the forager and the fisherman come alive every day on his way to school. As soon as he was able, Jason dove into this world, working around many of downtown Seattle's most notable and award-winning hotels and restaurants. After years of studying, cooking, serving, teaching and writing about cuisines of the world, Jason realized he was able to interact in this way with foods from everywhere but his own ancestral homelands.

With that thought in mind, he's spent recent years applying his skill and ability to the incredible bounty of traditional foods that Native Country has to offer. This path has been carefully chosen and guided by Aunties, Generous Uncles, Elders and lots of wonderful and supportive relatives happy to see the old foods and some of the old ways (as well as new ways) brought to life through this work.

Jason believes it is as much a pleasure as it is an honor to share these foods and ways in our communities today.
NETONCKS METSU (FEEDING MY COUSINS) Is both the name of Jason's business and the very heart of his mission. Learn more and hire Natoncks Metsu for catering or meal prep at **natoncksmetsu.org**

MEET HILARIO ALVAREZ, ALVAREZ ORGANIC FARMS MABTON, WA

The potatoes in the Game Meat Stew and Autumn Veggie Hash came from Alvarez Farms

Alvarez Organic Farms has its roots in the Mexican state of Michoacán. Hilario Alvarez was one of eight children, who helped his father tend to crops on a small acreage of land. Farming in Mexico meant mostly growing food for the family to eat. In his late teens, Hilario moved near Tijuana to work on a feedlot where his daily salary equaled about $5. He envisioned a better future across the border, so in his late 20's he migrated to the U.S. Hilario sold all his land and cows back home and came with nothing but his passion for the soil. The first time, he came alone to California; the second time with his new wife Maria to Washington. Through hard work and dedication he was able to purchase a 30 acre plot of land in Mabton, in the lower Yakima Valley, where his family settled. Over the years, Hilario built his agricultural enterprise from the ground. Today, Alvarez Organic Farms is one of the largest organic producers in the state of Washington, farming just over 80 acres, and selling at many Seattle farmers markets. Hilario continues his passion while sharing his organic farming techniques with his sons. They are known for their large variety of produce, including growing 200 different varieties of peppers. Learn more at **alvarezorganic.com**

Hillario, and son Eddie, of Alvarez Farms

Autumn Veggie Hash Recipe

Hash is a wonderful comfort food and can be made with or without meat. The word hash comes from the French verb “hacher” which means to chop, and traditionally is comprised of chopped roots vegetables and meat as a means of using up and giving new life to leftovers by cooking them in oil or rendered fat over high heat. This Autumn Veggie Hash highlights locally grown potatoes and greens and can be adjusted to whatever you have on hand.

Ingredients:

- 1 medium sweet potato, diced
- 1 russet potato, diced small
- 2 cloves of garlic, minced
- 1 medium bell pepper, diced small
- 1 1/2 cups of kale, shredded or finely cut (chiffonade)
- 1/2 tsp paprika
- salt and pepper to taste
- 1/4 cup olive oil

Tips and Alternatives

- This recipe can be made with all kinds of vegetables--the key is to start with hard vegetables first, like potatoes and butternut squash, and get them crispy in the pan before adding anything soft like greens
- Great served with fried eggs
- If using meat, like sausage, break it up into small pieces and add it in soon after the garlic and onions and pay attention to if the meat is fully cooked or not

Directions

1. Heat a large cast iron skillet to over medium heat and add 1/4 cup of olive oil
2. When olive oil begins to heat, add both varieties of diced potato and stir to coat them with oil, then let them fry undisturbed, to encourage browning, and adjust heat as needed to prevent burning (about 5 minutes)
3. When potatoes begin to brown, use a metal spatula to carefully lift and flip the potatoes and then let them sit undisturbed for another 2-3 minutes
4. Turn the heat to medium high, add garlic, onion, and bell peppers to the potatoes, and season with salt, pepper, and paprika an, stirring to combine
5. At this point, stir frequently, and saute the ingredients until the onions begin to caramelize
6. Add the kale and fold into the hash and cook until the kale is just wilted
7. Remove the skillet from heat and adjust seasoning before serving hot

Recipe by Jason Vickers, edited by Tilth Alliance and made possible by a public participation grant from Washington Department of Ecology

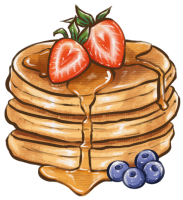
Traditional Johnny Cakes

Also known as Rhode Island Johnny Cakes, these are basically polenta pancakes. Most contemporary recipes contain flour, eggs, baking powder, milk or buttermilk, and even vanilla and spices. These traditional Johnny Cakes are made the old fashioned way with only a small handful of ingredients, and they're fried until golden brown and delightfully crispy! Their texture is like potato pancakes-- crispy on the outside and soft on the inside. Corn was one of the main food crops gifted to the Pilgrims by the Wampanoag and Nipmuc tribes during their first successful growing season, and some historians believe that Johnny cakes may have been eaten at what we now think of as the first thanksgiving.

Other regional names for Johnny Cakes (also spelled Johnnycake) include corn cake, ashcake, battercake, hoe cake, cornpoke, journey cake, mush bread, and Shawnee cake. Some believe "Johnny" derived from "journey" while some believe it derived from "Shawnee".

This is a ratio-based recipe and can be easily multiplied or divided,

Ingredients:



- 1 cup cornmeal or 1 part cornmeal
- 3 cups water or 3 parts water
- 1 TB sugar per cup of cornmeal
- 1 tsp salt per cup of cornmeal
- 2 TB butter per cup of cornmeal
- 1 tsp chopped thyme per cup of cornmeal
- optional: 2 TB cooked wild rice per cup of cornmeal
- optional: 2 TB chopped dried and sweetened cranberries per cup of cornmeal

Tips and Alternatives

- Serve these hot with butter and a sweet sauce like you would pancakes or serve them savory as a side to soup and stews
- You can omit the butter or use vegan butter alternative to make this recipe dairy free and vegan
- You can use bacon grease, lard, or any other rendered fat instead of butter
- The prep time is quick but Johnny cakes require some patience to develop a good crisp texture -- it can be helpful to have another project to do in the kitchen while these are frying
- Don't rush the process by not letting the batter rest, or bringing the heat up too high, or by flipping the cakes too soon as they will fall apart

Directions:

1. If using wild rice, cook and cool that first
2. Combine the cornmeal, salt, and sugar in a mixing bowl
3. Bring your water to a boil in large saucepan over medium high heat
4. Gradually pour the cornmeal mixture in a steady stream into the boiling water, while whisking constantly (other ingredients will get added later)
5. Turn off the heat once all of the cornmeal mixture is in the saucepan and continue whisking until the mixture is smooth
6. Add the butter and whisk until melted and incorporated
7. Stir in the remaining ingredients, including your optional add-ons and then let the batter rest for 15 minutes (this will soften the grains to prevent to prevent a gritty texture and thicken the batter)
8. After 15 minutes the batter should resemble the consistency of mashed potatoes, if it's still runny, let it sit a bit longer
9. Once the batter is ready, prepare a frying pan (cast iron is best) over medium high heat with just enough oil to pan fry
10. Drop the batter in roughly 1/4 cup scoops onto your frying pan about 3 inches apart as they will spread
11. Let the cakes fry undisturbed for several minutes until the edges are browned (6-12 minutes) and then flip them over, using a spatula to press them down so they are no more than 1/4 inch thick for crispness
12. Set aside the finished cakes and repeat until you've fried all your batter, then enjoy!

Recipe by Jason Vickers, edited by Tilth Alliance and made possible by a public participation grant from Washington Department of Ecology

Game Meat Stew

Stew is the perfect way to make game meat tender and delectable to even those who aren't usually fans. This stew sings with earthy, wine-enhanced flavor.

Ingredients:

- 1/4 cups all purpose flour or alternative
- 1/2 TB salt & 1/2 TB black pepper
- 1 pound venison, elk, bison, or stewing meat, cut into 1 inch cubes
- 5 tsp vegetable oil
- 2 TB red wine vinegar
- 1 cup red wine (cabernet is best)
- 3 1/2 cups beef broth
- Spices: 2 bay leaves, 2 rosemary stems, 8 thyme stems
- 1 medium onion, peeled and diced
- 2 parsnips, peeled and cut into 1/2 inch chunks
- 5 medium carrots, peeled and cut into 1/4 inch rounds
- 1/2 cup wild rice
- 2 large potatoes, peeled and cut int 3/4 inch cubes
- 2 tsp salt

Tips and Alternatives:

- Consult your local hunter to buy game meat; it can also be found at many butchers, but any red meat can be used in this recipe as well
- Don't waste money on expensive red wine, inexpensive cabernet will do just fine, and don't worry about the alcohol content, the alcohol will boil away
- If you don't have fresh rosemary or fresh thyme, use dried herbs to taste
- If your stew dries up, add more broth or water so that all your ingredients are fully submerged

Directions

1. Combine the flour, pepper, and salt in a bowl and add the meat and toss to coat each piece
2. Heat 3 tsp of the oil in a large pot
3. Cook the meat in batches, adding a handful of pieces at a time, making sure not to overcrowd the bottom of the pan
4. Cook the meat for about a minute or so per side until browned, then remove to make space for the next batch, adding oil as needed, and continue until all pieces are browned
5. Remove the meat from the pot
6. Add the vinegar and wine and use a wooden spoon or spatula to loosen any browned bits from the bottom of the pan (this helps to season the broth)
7. Add the meat, beef broth, an bay leaves and bring the stew to a boil, then down to a simmer
8. Cover and cook the stew until the meat is tender (about 1.5 hrs), skimming the gray foam off of the top of the broth occasionally to remove bitter flavors
9. Once the meat is tender, add the onions and carrots and simmer for about 10 minutes
10. Add the rice and potatoes and simmer until all of the vegetables and rice are tender (20-30 minutes)
11. Season with salt and pepper to taste and enjoy!