



Appetite for Learning New Techniques

Kitchen staff from five different Tribal Elder Nutrition Programs came together in Keshena, Wisconsin, with Chef Francisco and Chef Leah for the Tribal Cook's Training on October 20, 2023.

They created squash soup, nanapun bread (Menominee pan bread), cedar tea, and a cranberry wajapi sauce. Chef shared knife honing skills and a recipe scaling formula as well. It was a good time to share information and techniques among peers.

See page 2 for more pictures from the Tribal Cook's Training!



Meal Prioritization Reminder

Please contact your GWAAR Nutrition Representative if you would like to be a part of the Meal Prioritization Pilot starting in January 2024. We will be scheduling the first meeting of the pilot group in early December.

2023 Participant Surveys

Please complete your surveys by December 31, 2023. Your survey data must be entered by January 31, 2024. Please chat with your GWAAR Nutrition Representative for questions on the process.

Savor the Flavor of Wojapi with Salmon

November is Native American Heritage Month. We are happy to feature a recipe from a Native chef, Francisco M. Alegria. The Great Lakes Inter-Tribal Council, Inc. (GLITC) has hired Chef Alegria to create recipes for the 11 tribes that serve elder meals.

Indigenous Tea Poached Salmon features a steelhead trout, with a spicy cranberry wojapi. It is very simple, healthy, and holiday friendly. It would pair well with wild rice, squash and tea.

Featured Recipe: Indigenous Tea Poached Salmon

Ingredients

- 6 oz salmon filet (skin on)
- ½ cup fresh or frozen cranberries (wojapi)
- 1 serrano pepper sliced (wojapi)
- 1 T maple syrup (wojapi)
- ⅓ cup white pine minced (wojapi)
- ¼ cup water (wojapi)
- 1 tea bag of tea (slippery elm bark, licorice root, cinnamon chips, echinacea root, marshmallow root, ginger root powder)

Preparation

Place your tea bag in some water, just enough water to almost cover your fish leaving some exposed. Bring your water to 140 degrees. Score your fish and add it into the tea water and cover. Set timer for 10 minutes.



While your fish is poaching in a saucepan on medium heat, place your cranberries and water in second saucepan. Once cranberries start to blister add in your maple, pine, and peppers. Turn heat down to low and let simmer. Your fish should reach 145 degrees internal temperature.

Drain off excess liquid and top with wojapi. Serve and enjoy!

Tips: Making a cartouche for poaching will help hold in moisture. Can puree the sauce for a smoother texture. Can use milder peppers such as poblanos, banana, or bell. Can substitute the cranberries for blueberries, choke cherries, or cherries.



*Wishing you all
a wonderful
Thanksgiving!*

*Jean, Lori,
and Pam*