

Native Heritage: Food

LESSON 7

CHICKASAW TRADITIONAL

Recipes

Many traditional Chickasaw foods and recipes have withstood the test of time. Chickasaw families continue to cook and enjoy many of the same foods their ancestors enjoyed long ago. Most notably, this includes the Three Sisters, grape dumplings and pishofa.

Bread (Choctaw — Chickasaw) Banaha

- 2 cups cornmeal
- 1 1/2 cups hot water
- 1 teaspoon soda
- 1 teaspoon salt
- Corn shucks (boil about 10 minutes before using.)

Mix dry ingredients. Add water until mixture is stiff enough to handle easily. Form small oblong balls the size of a tennis ball and wrap in corn shucks. Tie in middle with corn shuck string, or use oblong white rags 8 x 10 inches, cut from an old sheet. Banaha is much better boiled in shucks. Drop covered balls into a deep pot of boiling water. Cover and cook 40 minutes. Serve.

Native Americans used to heat hog lard and pour it over bread as gravy. Banaha leftovers may be stored in the refrigerator. To serve, slice each ball into 1/2-inch slices and fry in hot fat. Variation: add 1/2 Cup cooked black-eyed peas or red beans to recipe.

(Chickasaw) Indian Molasses Bread

- 1/2 cup boiling water
- 1/2 cup shortening
- 1/2 cup brown sugar
- 1/2 cup molasses
- 1 beaten egg
- 1 1/2 cup flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 1/2 teaspoon soda
- 1/2 teaspoon ginger
- 1 scant teaspoon cinnamon

Pour boiling water over shortening. Add remaining ingredients. Beat until smooth. Bake in oblong pan at 350° F for 35 minutes. Cool in pan.

STUDENT ACTIVITY

Choose one (or more) of the recipes shared in the Native American Heritage: Traditional Chickasaw Foods series and, under supervision of an adult, make and try the food.

Recipes can be found here: <https://tinyurl.com/y8tahuwp>

To watch videos and learn more about Chickasaw foods, visit Chickasaw.net/Food.