

# Native Heritage: Food

## LESSON 8

### CHICKASAW TRADITIONAL

# Recipes

The dishes served at the world-renowned Chickasaw Cultural Center are just part of the unique and vibrant culture of the Chickasaw people. Ongoing, concerted efforts to ensure this part of the culture continues for generations to come is a point of emphasis for the Chickasaw Nation.

Examples include:

Chickasaw citizens JoAnn Ellis and Vicki Penner co-authored two cookbooks for the Chickasaw Press called *Ilimpa'chi: We're Gonna Eat!* and *Iittibaaimpa: Let's Eat Together!*

Recipes, reminiscences and lessons in Chickasaw life are the main ingredients for *Ilimpa'chi: We're Gonna Eat!*, the first cookbook produced by the Chickasaw Press. The authors selected recipes and illustrated them with glimpses and scenes from growing up around kitchens and outdoor cooking fires. *Ilimpa'chi* also features a glossary of Chickasaw terms and phrases taken from traditions surrounding food and family.

*Iittibaaimpa: Let's Eat Together!* features recipes handed down through each woman's family for generations. In the process, they also reached out to other Chickasaws for recipes that were particularly near and dear to their hearts. *Iittibaaimpa* contains more than 50 modern recipes, from breads and salads to casseroles and desserts. Additionally, the cookbook demonstrates the love and bond of Chickasaw families through photographs, essays and other special touches.

Additionally, the Chickasaw Cultural Center's Aaimpa' Café brings a taste of traditional Chickasaw cuisine to guests. Meaning "a place to eat" in the Chickasaw language, the Aaimpa' Café offers such favorites as pishofa, Indian tacos, grape dumplings and Three Sisters salad (romaine lettuce topped with squash, corn and beans).

The picturesque on-site Spiral Garden provides fresh produce for many of the dishes in the Aaimpa' Café. In Chickasaw tradition, the spiral shape signifies a long life, one that's a never-ending journey. Surrounding the Spiral Garden is the Three Sisters Garden, a demonstration of an ancient system of growing food through companion planting.

To learn more about the Chickasaw Cultural Center, visit **ChickasawCulturalCenter.com**.

## 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**.