

DDP Cranberry/Blueberry/Maple Vinegar

Martin Reinhardt

Ingredients:

32 oz cranberry

juice

blueberry juice or mix

128 oz water

2 cups maple sugar

Mix cranberry juice, blueberry juice, or a mix of both with water and maple sugar. Mix in a sterilized white bucket with a small hole in the top for a mechanism to sit in which allows carbon dioxide to be released, but does not allow oxygen or bacteria to get back in. Let this sit for about two weeks until it starts to turn into alcohol. Transfer to bottles and let sit for about three months.

Cooks note: We used commercial wine making kit.

Crabapple Cider Vinegar

Martin Reinhardt

Ingredients:

32 oz American

sweet crab apples

128 oz water

2 cups maple sugar

Blend crab apples with water and make a slurry. Pour into a container and mix with maple sugar. Cover and let sit for a week or two so bubbles form and it begins to ferment. After the crab apple slurry begins to sink to the bottom it turns into hard cider. Now strain the slurry and pour the liquid into glass mason jars. Cover with lids but not tight, only enough to let it breath. Tighten and shake the jars of liquid twice a day, loosen and leave covered afterward. After about 2-3 weeks, sediment will form on the bottom, and a mother of yeast will form on the top. This is now ready to be strained again and used in all of your recipes. The longer you leave it in with the mother of yeast the stronger it will get. Refrigerate or freeze and will last a long while.

Crabapple Sauce

Martin Reinhardt

Ingredients:

American sweet crabapples
maple syrup

Remove cores and stems from the crabapples. Fill a pot about 3/4 full of crabapples and cover with water. Add maple sugar to the apples in a one to three ratio. Bring to a boil and maintain for about an hour and a half or until the sauce reaches the desired consistency. Enjoy as is, or strain the sauce through an old clean white t-shirt or cheesecloth to separate syrup.

Cranberry Maple Sauce

Tina Moses

Ingredients:

2 packages fresh cranberries
3/4 cup maple sugar
1 cup water

Mix together in pan over med-high heat until near boil, stir often. Lower heat and simmer until desired consistency, stir occasionally. You can also add 1-2 cups other fruit - blueberries, blackberries, raspberries, strawberries - add an additional 1/4 cup maple sugar for each one cup fruit.

DDP Pumpkin Ice Cream

Tina Moses

Ingredients:

1 can pumpkin puree	1 3/4 cup pumpkin seed milk
1 cup maple sugar	1/2 cup sweetwater
1/2 cup sunbutter	2 Tbs sunchoke powder

In a large bowl, mix pumpkin seed milk, sweetwater and maple sugar to dissolve sugar. Mix in pumpkin puree, sunbutter, and sunchoke powder. We poured it into the ice cream maker machine and it stirred for 25 minutes.

Cook's note: "Ice cream" not a DDP food. This recipe is more sorbet.

NOW AVAILABLE AT YOUR TRIBAL LIBRARIES

25 people committed to eating indigenous foods from the Great Lakes Region as 25-100% of their daily diet for one year

favorite recipes from the project are compiled in this cookbook

<https://goo.gl/zCmVbU>

