

MAKING CORNMEAL

Have your wood cook stove, really hot. Take the griddle off, and place your cast iron fry pan right over the flame. When really hot, pour in a bit of olive oil, get really hot once again. When ready pour in a cup of Native corn. Have a stirring stick ready, and start stirring, to keep the corn from burning. When it is almost popping, take off the stove, and pour on to a cookie sheet, to cool. When fully cool, place part of the corn, into a small food processor, grind until it resembles cornmeal. That's it, wonderful, flavorful, nutty taste. Use in many ways, cornmeal muffins, pancakes, etc.

Malcomb Ebright, a good friend of ours, from New Mexico, gifted us our first Native corn. This is where the journey, of making cornmeal began.

First, you need a stirring stick. You will need a willow stick, about a foot long. Using a sharp knife, slit the bottom of the willow both ways, about a half inch. You are now ready, to stir.

Preparing the corn.

You can grow Native corn, in Vermont. We have been growing it, for a few years now.

When fully grown, pick, pull husks back, and hang up to dry. When completely dry, you are ready to make the cornmeal.

Usually, you can just twist the corn, and it will fall right off the cob.