

NOOHKIK

Think you can eat like a Wampanoag hunter? Try this recipe and find out!

The native Wampanoag used their colorful corn kernels to make *noohkik* – a ground-up snack to nibble on a little at a time on long trips. This, plus a little water to drink, would fill their stomachs and keep them going.

INGREDIENTS

1 cob natural dried “Indian Corn”
(important - see warning!)

1 ½ teaspoons canola (or other) oil



Natural “Indian Corn”

Montclair Farmer’s Market, October 2014

Warning!

Be **very careful** to make sure your “Indian Corn” is natural and has **not** been laquered or painted, or treated with any other chemicals!

If it has these chemicals on it, it could poison you.

Do not buy it at a craft store. Buy it at a grocery store, farm stand or farmer’s market, and ask the manager to be sure it’s all natural. Ask your grownup to help you with this.

INSTRUCTIONS

1. Remove the kernels from the corn cob with your fingers and hands and put them in a bowl.
2. Put a skillet on a burner and turn the heat to medium. Add the oil to the pan and wait one minute.

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INSTRUCTIONS (continued)

3. Pour the kernels into the pan and set a timer for 5 minutes. Use a wooden spatula or shake the pan so that the kernels are all spread out in the bottom of the skillet – not just in one pile together.
4. The kernels will begin to sizzle and get slightly puffed up, and you will be able to smell them. Use your spatula or carefully shake the pan every once in awhile to make sure the kernels don't burn.
5. Get out a plate and cover it with a layer of paper towels. After about 5 minutes, when the corn kernels are puffed up and you can smell them, they will be done. Pour the kernels onto the paper towels to drain. As they cool, put another layer of paper towels on top to absorb more of the oil.
6. When the corn is completely cool and most of the oil has been absorbed, it is ready to get ground into *noohkik*. You can pour it into a blender and pulse it to grind it into a rough powder. Or, if you have a mortar and pestle, you can grind it by hand the way the Wampannoag did! (It is easiest to grind it in small batches, a little at a time).
7. **Your *noohkik* is ready!** If you don't eat it right away, store it in a sandwich bag or a small airtight container. If you store it for more than a week or so, you should put it in the refrigerator to prevent spoilage.

HAVE FUN!