



Green for Go Local

.....
 Ingredients in **green** =
 locally grown or produced



Carrot



Thyme



Sweet Potato



Potato



Corn



Whole Milk

Corn Chowder (Pie'skmnapu'l)

By Jenny & Rosie

Serves 6-8

Ingredients

1 Tbsp (15 mL)
 1 large
 1 large
 ½ tsp (2.5 mL)
 ¼ tsp (1.25 mL)
 1 ½ tsp (7.5 mL)
 2 lb (907 g)

1 small
 1 lb (454 g)
 3 Cups (750 mL)
 3 Cups (750 mL)
 1 Tbsp (15 mL)

Butter or oil
Onion, diced
Carrot, diced
 Nutmeg
 Dried **thyme**, or 1 tsp (5 mL) fresh **thyme**
 Salt
Corn, divided into ½ lb (225 g) for Step 1 and 1 ½ lb (600 g) for Step 2
Sweet potato, diced or 4 oz (100 g) peeled, diced **squash**
Potatoes, peeled if necessary and diced
 Water
Whole milk
 Cornstarch

Directions

Note: Wash all produce well.

1. Heat the butter or oil in a large pot over medium-high heat. Saute the onions with carrots, thyme, nutmeg and salt until the onions are tender. Add the water, ½ lb (225 g) of the corn and sweet potatoes (or squash). Bring to a boil, then reduce the heat and simmer until the veggies are soft.
2. Blend with an immersion blender, or let cool and blend in batches in a blender or food processor. Add the diced potatoes, return the pot to a simmer, and cook until the potatoes are cooked through, 15-20 minutes. Add the remaining 1 ½ lb (680 g) corn and heat through.
3. Mix the cornstarch with ½ Cup (125 mL) of the milk and set aside. Pour the remaining milk into the soup and bring to a near boil. Stir the cornstarch mixture well and pour it into the soup. Heat to a simmer but do not boil.

Variations

Ham and Corn Chowder: Add ¼ lb (115 g) diced **ham** when you stir in the corn in Step 2.

Cheddar Chicken Corn Chowder: Add ½ Cup (125 mL) grated **Cheddar**, 1 tsp (5 mL) ground toasted Cumin, 1 thinly sliced **Green Onion** and 1 Cup (250 mL) cooked, diced **Chicken** when you stir in the corn in Step 2.

Fish Chowder: Omit the corn and nutmeg. Add 1 stalk celery, diced, when cooking the onions and carrots. Do not blend. Increase the potatoes to 2 lb (907 g). Once the soup is cooked, remove from heat and add 1 lb (454 g) boneless, skinless **cod** or **haddock** pieces. Cover and allow the soup to stand until the fish is cooked through, then stir to break the fish up and serve.



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Whole Wheat Flour



Butter

Bonus Recipe: Lu'skinikn

Adapted from the Nilu'nal app of Mi'kmaw recipes by Jenny & Rosie with Yolanda Denny

Serves 4-6

Ingredients

1 ¼ Cups (310 mL)	Whole wheat flour
1 ¼ Cups (310 mL)	Unbleached all-purpose flour
1 Tbsp	Baking powder
½ tsp	Salt
¼ Cup	Butter or non-hydrogenated shortening
1 Cup	Water

Directions

1. Preheat the oven to 350°F (175°C) and butter an 8" x 8" baking pan or line with parchment paper.
2. In a bowl, combine flour, baking powder and salt. Cut in butter or shortening until well blended.
3. Add the water and stir until the dough is evenly moistened. Knead with your hands until the dough is smooth.
4. Pat evenly into the pan. With a knife, score into the desired number of squares (cut halfway through the dough). Bake for 25-30 minutes, until golden brown. Cut pieces all the way through, and serve.



Create Your Plate!

Veg It Up

To make a simple all-season version of Hodge Podge, omit the corn in the chowder and add more diced carrots plus fresh or frozen green beans in Step 3. Do not purée the soup. Once the soup is cooked in Step 4, stir in fresh or frozen peas.

Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

Note from the Authors

"We've adapted this beloved Mi'kmaw bread from Joanne Cope's recipe on the Nilu'nal app. It is also known as 4 Cents or Bannock. Our version incorporates some whole wheat flour for added fiber and a nutty flavour, but you can use all-purpose flour for a traditional taste."

- Jenny & Rosie

- ★ **Dulse** or **nori** - flaked or torn
- ★ **Sweet potatoes** - diced and roasted
- ★ **Carrots**
- ★ Grilled **corn** (adds a fun flavour)
- ★ Edamame
- ★ **Kale**
- ★ Diced baked **ham**
- ★ Diced **chicken**
- ★ **Green onions**
- ★ Shredded **cheese**
- ★ **Green beans**
- ★ **Peas**
- ★ **Spinach**
- ★ **Fiddleheads** - cooked
- ★ **Tomato**
- ★ **Kale chips**
- ★ **Sweet peppers**
- ★ **Squash**
- ★ **Popcorn** (local popcorn is a fun way to show the different edible forms of corn on the same plate!)
- ★ **Fruit**



Dulse or Nori



Sweet Potato



Carrot



Grilled Corn



Ham or Chicken



Green Onion



Beans



Peas



Spinach



Fiddleheads



Tomato



Kale



Pepper



Squash



Fruit



Popcorn