

American Indian Sunflower Seed Cakes

- 3 C shelled sunflower seeds
- 2 T maple syrup
- 3 C water
- $\frac{1}{2}$ C oil
- 6 T fine cornmeal

1. Simmer the seeds in the water, covered, for 1 hour. Drain & grind seeds with mortar & pestle or blender.
2. Mix the syrup & cornmeal, 1 T at a time, into the ground seeds, making a stiff dough.
3. Shape into 3-inch flat cakes.
4. Fry the cakes in hot oil on both sides. Drain on paper towels & serve hot.



Indian Bread

- 1 recipe soft bread (below)
- $\frac{2}{3}$ C sunflower oil
- $\frac{1}{2}$ C blueberries or raisins

1. Let the soft bread dough cool at room temperature.
2. Mix in the blueberries or raisins and put the dough into a bowl. Chill until it thickens.
3. When the dough is firm, cut into $\frac{1}{2}$ -inch slices & fry until it is a golden color. Serve hot with maple syrup.



Soft Bread

- 1 $\frac{3}{4}$ C water
- Margarine or shortening
- $\frac{2}{3}$ C white corn flour
- Shelled sunflower seeds
- $\frac{3}{4}$ tsp salt

1. Bring the water to a boil.
2. Mix together the flour & salt. Pour the boiling water onto the dry ingredients while stirring.
3. Continue to stir until the mixture becomes thick and uniform.
4. Serve in a bowl topped with margarine & shelled sunflower seeds.



Sunflower Seed Coffee

- Empty sunflower hulls



1. Brown empty hulls of sunflowers in small frying pan. Watch them carefully so that they do not burn.
2. Grind the browned hulls finely.
3. For each cup of coffee, steep 1 T (or more to taste) ground hulls in 1 C boiling water for 3 minutes.
4. Drink plain or sweetened with honey.

Sunflower Seed Soup

- 2 C shelled sunflower seeds
- 3 scallions, sliced thinly
- 6 C chicken broth
- salt to taste

1. Simmer all ingredients in a large pot for about 45 minutes. Serve hot.



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