

CITIZEN POTAWATOMI FEASTING

Home-made, nourishing and delicious food to share with family and
friends -- *JAGENAGENAN*/All our relations

December 2018

Recipes from
Potawatomi
Kitchens

Introduction

In January 2018, I announced on my website and in the CPN HOWNĪKAN a follow-up contest to the District #2 recipe contest I held in 2013. In 2013, I asked for great (and healthful, if possible) family recipes that I could compile into a Potawatomi-flavored cookbook. The response was terrific and the resulting cookbook is now posted on my website, evamariecarney.com, under the Heritage tab.

For 2018, the contest rules were to contribute a recipe that brings friends and family together. I strongly believe that one of my responsibilities as the CPN District #2 legislator is to grow and solidify community. Annual contests like these two recipe contests, along with district meetings and Museum tours and other gatherings, and our annual Fall Feast, aim to do both. I'm excited that a number of the recipes found here are for dishes contributed to our annual Fall Feast. To set the tone, this cookbook begins with the Thanksgiving prayer used at District #2 Fall Feasts – perhaps you can use it at your family gatherings.

I hope you enjoy this cookbook and that it inspires you to continue to share home-made, nourishing and delicious food with your families and friends. Life is short and the memories of breaking bread with loved ones are precious and sustaining.

Bama pi (until next time).

CPN District #2 Legislator Eva Marie Carney/*Ojindiskwe* (Bluebirdwoman)
December 2018

Thanksgiving Prayer

***Ahau Mamogosnan,
Migwetch ode mawjeshnowen.***

Grandfather, thank you for this gathering.

***Ngom ndodaskemen gode mno bmadzeyak mine
chiwenmoyak mine widoktadwen.***

Today we ask for good health and happiness and community.

***Shwendagwzen node wisnewenen mine gi kekyajek
mine penojeyek.***

Bless these foods and these elders and children.

***Ndosaskemen gode mno pabmadzeyak pich
zhitatoyak giweyak.***

We ask for safe travels once we get ready to go home.

Migwetch ode jak she gego mine jagenagenan.

Thank you for everything and for all my relations.

Iw. Amen.

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Contest-Winning Recipe

Wild Rice and Grape Salad

I think there's no better way to get this cookbook started than with the winning recipe in the contest that "birthed" this cookbook! This recipe, randomly selected from all the entries received as of April 15, 2018, earned Brian Kirk/*Wabjejak* the prize of a Pendleton blanket. Brian, who recently moved from Bossier City, Louisiana to Stroud, Oklahoma to work for The Pawnee Nation, advises that this recipe feeds a crowd.

BRIAN KIRK/*WABJEJAK*, STROUD, OK

Ingredients:

3 cups cooked wild rice	1/2 cup celery, chopped medium-fine
1 cup seedless green grapes, quartered	1 large bunch green onions, chopped medium-fine
Handful of grapes, halved, for decorative topping	1 cup mayonnaise (preferably Duke's)
1 cup sliced almonds (reserve a spoonful for topping)	2-3 boneless chicken breasts

Directions:

Boil the chicken; once cool, use two forks to shred. Stir cooked chicken, vegetables and mayonnaise into rice, then gently fold in grapes and almonds. Thin with a little milk/almond milk if too thick. Top with the grape halves and reserved sliced almonds. Best made a day ahead; will keep for several days under refrigeration.

Sauces and Marinades, Soups and Chili

Anne's (North Carolina) BBQ Sauce

I have been making this BBQ sauce ever since Potawatomi Rosanah Ziegler Foster of Van Wert, Ohio, contributed it to the cookbook I put together in 2013, RECIPES FROM THE KITCHENS OF CITIZEN POTAWATOMI OF THE EAST AND SOUTH. I had the honor of naming Rosanah's father Carl Ziegler/*Numat* and other family members in their home town in North Carolina before Carl and Anne walked on. This sauce is just delicious and very easy to prepare. The recipe below easily serves 10.

ROSANAH ZIEGLER FOSTER/ WISHKSEBABIS, VAN WERT, OHIO

Ingredients:

1 cup white sugar
1 cup brown sugar
2 cups ketchup
2 cups white vinegar
1/4 bottle Texas Pete
1 tsp dry mustard (if you don't have dry you can use prepared)
Salt and pepper to taste (I usually don't add salt)

Instructions:

Mix together and serve. No cooking required. Stores well in the refrigerator.

Marinade for Beef

Write George and Kathleen Korzeniewski: "We use this marinade when we grill. We use flap meat (strips of beef) and marinade 20 minutes to two hours. We got this recipe from George's college roommate. We serve the grilled beef with the crashed potatoes and sweet and spicy green beans." [Editor's note: You can find these recipes later in this cookbook.]

GEORGE AND KATHLEEN KORZENIEWSKI, LEWIS FAMILY, BOYDS, MD

Ingredients:

1/4 tsp black pepper	1/4 cup water
1 clove garlic, crushed	2 tbsp brown sugar
1/2 cup soy sauce	1 tsp ginger
1/2 cup oil	

Directions:

Mix together and add marinade to beef.

Drop Egg Dumplings

Writes Joan Keith: "Growing up in Chicago, we had many cold winter days. When we all get together for events or holidays, we often will roast a turkey and cook a ham. It's usually a joke about us fighting over the hambone. That's because we all want to make drop egg dumplings. We cook the ham bone for several hours to create a flavorful broth. I like to then strain my broth before making the following."

JOAN KEITH, NASHVILLE, TN

Ingredients:

4 eggs	4 cups flour
1 cup milk or broth	Dash salt

Directions:

Simmer broth, and beat together all other ingredients. Batter will be consistency of a thick pancake mix. Dip a teaspoon or a tablespoon into broth to coat, and then quickly drop teaspoons of dumpling mixture into the broth. I like to gently stir after dropping all the dumplings -- they should not stick to the bottom. Cover and simmer for 20 minutes. Watch the pot and adjust temperature while dumplings cook; they should float up to the top. I eat them like soup filling my bowl with broth and dumplings. Sometimes I cut up pieces of ham and add it too.

Venison or Buffalo Chili

Writes John Shaw: "I always get rave reviews when I cook this up, especially when using venison (even from those who say they would never eat venison)."

JOHN SHAW, ROCKWOOD, TN

Ingredients:

3 lbs ground venison or buffalo meat (or any low-fat game)	1 can red kidney beans
2 cans tomato sauce	1 can white beans
6 cloves garlic	1 1/2 tsp Tabasco sauce
6 large onions	2 tbsp chili powder
5 large green peppers	1 tbsp cumin
8 red peppers	1 tsp cayenne pepper
4 or 5 chili peppers	1 tsp salt

Directions:

Brown meat, onions, green peppers in large heavy skillet. Add remaining ingredients except the beans. Simmer about 1 hour. Add beans with juice and simmer another 20 minutes.

Lentil Soup

Writes Ted Welfelt: "This Italian soup is served during our family gatherings and festive occasions and holidays. It comes from Ventotene Isla, Italy, from my wife's family. It makes 15-20 servings. You'll need two cooking pots for this. Soup can be frozen to serve later."

TED WELFELT/*MKEDE NEKA*, FORT LAUDERDALE, FL

Ingredients:

Start with 1/2 cup of olive oil in the bottom of 10-liter pot.

To this add:

3 lbs lentils

1 tbsp oregano flakes

1 tbsp fine sea salt

1/2 tbsp dry red pepper

1 crushed cube beef bouillon

1 smoked ham bone (about the size of a fist)

3 stalks celery, finely chopped

3 carrots, finely chopped

4-5 large red peeled tomatoes, finely chopped

1/2 large potato, finely chopped

1/2 yellow onion, finely chopped

Directions:

Fill the first pot half full with water, and place on stovetop over medium heat. After one hour, the lentils will have absorbed the water. Add more water. Discard ham bone. Next, transfer 1/3 of the lentils to the second pot and cook on medium heat as well. (You need a second pot because the lentils expand as

they cook). Keep water level even with the top of the lentils in both pots. After two (2) hours, the lentils will be fully cooked and the soup will be ready to serve.

Wild Rice Soup #1

I found this recipe, from Mary Odendahl, in a book published by the Bemidji Area League of Women Voters, Bemidji, Minnesota, in 1990. This soup is often the first course of our family holiday dinners. I make it gluten-free and vegan by substituting dairy free spread for the butter, almond milk for the cream, and gluten-free flour for the wheat flour. I usually double the recipe.

EVA MARIE CARNEY/*OJINDISKWE*, JUNEAU/*VIEAU*/*YOTT* FAMILIES, ARLINGTON, VA

Ingredients:

2 cups cooked wild rice [Note: 2/3 cup of wild rice yields 2 cups of cooked rice]	4 cups chicken broth
2 tbsp butter	8 oz. cooked fresh mushrooms, chopped
1 tbsp minced onion	1 cup cream
1/4 cup chopped celery	1/4 cup dry sherry (optional)
1/4 cup flour	Parsley or chives for garnish

Directions:

Melt butter in pan and sauté onion and celery. Blend in flour gradually. Add broth, stirring constantly until thick. Stir in rice and salt and simmer 5 minutes. Add mushrooms; blend in cream and sherry. Heat to serving temperature. Garnish with parsley or chives. Serves 6.

Wild Rice and Bison Soup

Josh brought this recipe to our 2018 Fall Feast. By the time I got to the soup pot, there was a spoonful left. It was an awesome spoonful. Josh adapted this recipe from a Mille Lacs Band of Ojibway recipe he found at www.nativetech.org. Nativetech.org is a great source of Native recipes and cultural teachings – highly recommended!

JOSH BARNETT/*DEBWET*, JUNEAU/*VIEAU*/*YOTT* FAMILIES, ROCKVILLE, MD

Ingredients:

8 cups chicken broth	2 lbs ground bison, browned
2 cans cream of celery soup	Salt, pepper, and other seasonings, as you wish,
1 can cream of chicken soup	to taste
2 cups uncooked wild rice (blend is okay)	

Directions:

Combine all ingredients, bring to a boil, and cook until rice is soft.

Wild Rice Soup #2

Like my cousin Josh, I found this recipe on nativetech.org – it comes from W. Northrup, Bear Clan, Fond du Lac, MN. The website notes that he “just threw it together at a pow-wow.” The recipe is accompanied by a warning: *“Beware that if you make this soup there will be people lined up at your door.”* That sounds like a great problem to have. You might want to triple the recipe!

EVA MARIE CARNEY/OJINDISKWE, JUNEAU/VIEAU/YOTT FAMILIES, ARLINGTON, VA

Ingredients:

1 cup of potatoes, cubed	Flour
1 cup of carrots, cubed	1 lb. uncooked wild rice
3 tbs. beef soup base	Diced up small onion
Boiling beef or deer meat, as much as you want to add	1/2 cup celery

Directions:

Brown the meat in flour. Throw meat in kettle and boil for an hour; then add all remaining. You should have a hearty bowl of soup in an hour and half, start to finish – depending on when the potatoes and rice are done.

Pumpkin Chili

This recipe was submitted by Brent Korzeniewski, who is 9 years old and, as you will see from his recipe, a skilled chef. He writes: “This is a family recipe. It is a great dinner for fall and winter. I like to put cheese and tortilla chips on the pumpkin chili. BMK.”

BRENT KORZENIEWSKI, LEWIS FAMILY, BOYDS, MD

Ingredients:

1 small onion, chopped	1 can fat free refried beans
1 red pepper, chopped	1 4 oz can green chili
1 clove garlic, finely chopped	1/2 cup frozen whole kernel corn
1 lb ground turkey	1 tbsp chili powder
2 can diced tomatoes, undrained	1 tsp ground cumin
1 can pure pumpkin	1 tsp ground pepper
1 can tomato sauce	1 tsp salt
1 can kidney beans, drained	

Directions:

Brown turkey in large saucepan with onion, bell pepper and garlic. Cook until turkey is browned; drain. Add tomatoes and the rest of the ingredients. Bring to a boil, reduce heat and simmer 30 minutes. Serve with tortilla chips, shredded Mexican cheese and sour cream.

Venison or Buffalo Chili

Writes John Shaw: "I always get rave reviews when I cook this up, especially when using venison (even from those who say they would never eat venison)."

JOHN SHAW, ROCKWOOD, TN

Ingredients:

3 lbs ground venison or buffalo meat (or any low-fat game)	1 can red kidney beans
2 cans tomato sauce	1 can white beans
6 cloves garlic	1 1/2 tsp Tabasco sauce
6 large onions	2 tbsp chili powder
5 large green peppers	1 tbsp cumin
8 red peppers	1 tsp cayenne pepper
4 or 5 chili peppers	1 tsp salt

Directions:

Brown meat, onions, green peppers in large heavy skillet. Add remaining ingredients except the beans. Simmer about 1 hour. Add beans with juice and simmer 20 minutes more.

Main Dishes and Sides

Italian Orzo Stuffed Peppers

Joan writes: "Living in Chicago we had many cold winter days. I would love when my mother, Kay Mielneczek, would make stuffed green peppers or stuffed cabbage rolls. My cabbage rolls never turn out as good as my mother's and when I go home to visit I often request her cabbage rolls. Wanting to improve my attempts at these, I was looking at recipes when I came across this one in a magazine and love it."

JOAN KEITH, NASHVILLE, TN

Ingredients:

4 red bell peppers	8 oz (approx, 1 heaping cup) orzo, cooked and cooled
2 tbsp olive oil	8 oz ricotta cheese or cottage cheese
1 small yellow onion, diced	4 oz grated mozzarella cheese
2 cloves garlic minced	2 tbsp grated Parmesan
1 lb Italian sausage	2 tbsp dry Italian seasoning
8 oz (approx 1 cup) diced tomatoes	

Directions:

Preheat oven to 350 degrees F. Cut tops off peppers, and remove seeds. In sauté pan over medium heat add oil, onion and garlic. Sauté for 2 minutes. Add sausage and cook through to 160 degrees F. Add tomato and cook 2 minutes. Remove from heat and allow to cool. Add orzo, cheeses and seasoning, and stir to combine. Stuff peppers and bake until heated through, about 30 minutes. Refrigerate any leftovers.

Perogies

Joan writes: "While we always celebrate our Native American heritage, we are Polish on my father's side of the family. Early on we enjoyed perogies at all times of the year. Since they are time intensive to make, we started making large batches when we were all together for holidays. They were even used as gifts at Christmas to members of the family so that they didn't have to make them themselves. Among our family photos are pictures of our children as they each took turns learning how to make these."

JOAN KEITH, NASHVILLE, TN

Ingredients:

- 5 cups flour
- 1 tsp salt
- 4 eggs beaten
- 2 tsp butter, melted
- 1 1/4 cups water

Directions:

Combine flour and salt in bowl. Add 1 1/4 cups water, eggs and butter. Mix. Knead just until well blended. Let dough in bowl rest for about 20 minutes with wet paper towel over bowl. Roll small amounts at a time on surface that is well-floured. Cut in circles, fill (suggestions below) and seal with water and fork.

Boil 20 minutes in simmering water and take out and place on buttered cookie sheets. I like to freeze in portion sizes to make it easier to thaw as needed. May be eaten as is or fried in butter.

Filling suggestions:

Sauerkraut with onions and caraway seeds or mashed potatoes w/or without cheese, peaches, prune or fruit filling or ricotta cheese.

Rainy-Day Ribs

This recipe makes 4 to 6 servings – I’ve multiplied the ingredients to serve a crowd. Remember to use a rimmed baking sheet, line the baking sheet with aluminum foil and use cooking oil spray on the wire cooling rack on which you place the ribs! I got this from the August 15, 2018 edition of The Washington Post. It was adapted from Virginia Willis’ recently-published cookbook, SECRETS OF THE SOUTHERN TABLE: A FOOD LOVER’S TOUR OF THE GLOBAL SOUTH.

EVA MARIE CARNEY/OJINDISKWE, JUNEAU/VIEAU/YOTT FAMILIES, ARLINGTON, VA

Ingredients:

1/4 cup packed light brown sugar	1 tbsp freshly ground black pepper
1/4 cup sweet paprika	1 tbsp crushed red pepper flakes
2 tbsp coarse kosher salt	2 racks baby back ribs (2-3/4 to 3 lbs total)
1 tsp garlic powder	

Directions:

Use a fork to stir together the brown sugar, paprika, salt, garlic powder, black pepper and red pepper in a small bowl (You will have 3/4 to 1 cup). Coat each set of baby back ribs with half the spice rub mixture, rubbing it into the meat all over. Let ribs sit at room temperature for at least 30 minutes. Place in a resealable plastic container or seal in plastic wrap (if you use plastic wrap place the wrapped ribs on a rimmed baking sheet to catch any seeping liquid due to the salt in the rub). Refrigerate overnight.

Preheat the oven to 300 degrees F. Line a rimmed baking sheet with aluminum foil and set a wire cooling rack on top of the lined baking sheet. Grease the rack with cooking oil spray. Uncover/unwrap the ribs and place them side by side on the prepared baking sheet. Roast on the middle rack for about 2 hours, or until the ribs are done and a knife slides easily into the thickest part of the rib meat. Let the ribs rest for about 10 minutes, covered loosely with foil, and then cut between the bones to separate the individual ribs. Serve right away, with barbecue sauce for dipping.

Oven-Steamed Mussels

I love this recipe as it simplifies the logistics of mussel-preparation. I got it from THE WASHINGTON POST. It serves 8 as an appetizer.

EVA MARIE CARNEY/*OJINDISKWE*, JUNEAU/*VIEAU/YOTT* FAMILIES, ARLINGTON, VA

Ingredients:

4 pounds debearded mussels
3 medium leeks
6 slices thick-cut bacon
1 1/2 cups dry white wine
3 tablespoons unsalted butter
Pinch sea salt
Handful fresh flat-leaf parsley, for garnish

Directions:

Preheat the oven to 500 degrees. Soak the mussels in a large bowl of water and ice cubes for 15 minutes. Trim the leeks; cut the white and light-green parts crosswise into thin rounds. Place them in a separate bowl of water and ice cubes.

Meanwhile, cut the bacon into 1-inch pieces. Line a plate with a few layers of paper towels.

Look over the mussels and discard any that are cracked or don't close when tapped. Lift them out of the water (do not drain) and transfer to a large roasting pan, spreading them evenly. Pour in the wine, then cover tightly with aluminum foil and roast (middle rack) for about 12 minutes. Discard the soaking water.

Place the bacon pieces in a large skillet; place over medium heat. Cook until crisped. Use a slotted spoon to transfer the pieces to the paper-towel-lined plate, leaving the drippings in the pan. Lift the leeks from the water, shaking off any excess moisture. Add them to the skillet, stirring to coat in the bacon fat. Cook for 3 to 5 minutes, until softened. Turn off the heat.

Carefully uncover the mussels, lifting a corner of the foil farthest from you so the steam can escape. Discard any that have not opened. Move the mussels to the side of the pan, then add the butter and sprinkle the mussels lightly with salt. Toss the mussels until the butter has melted, then divide among wide, shallow bowls. Divide the crisped bacon pieces and leeks among the bowls.

Coarsely chop the parsley and scatter on top of each portion. Serve warm, with a discard bowl for the shells.

Chicken Casserole

Jennifer Sullivan writes: "The following recipe is for a Chicken Casserole my mom used to make. It was one of my favorites growing up, real comfort food. I'm not sure where she got the recipe originally. My mom's been gone for several years now, but I love to make some of her old recipes as a reminder of her great love and wonderful cooking! This is easy and good for dinner anytime."

JENNIFER SULLIVAN, PASCO, WA

Ingredients:

2 cups cut up cooked chicken	1 can cream of chicken soup
1 cup diced celery	1/2 tsp salt
2 tbsp minced onion	1/4 tsp pepper
1/2 cup chopped walnuts	1 tbsp lemon juice
1 1/2 cups cooked rice	
3 hard cooked eggs, sliced	
2 cups potato chips, crushed (preferably Ruffles!)	
3/4 cup mayo	1/4 cup water

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Directions:

Combine all ingredients together, except potato chips. Spread in 9 x 13-inch baking dish. Sprinkle potato chips over the top. Bake uncovered at 400 degrees F for 20-30 mins. Enjoy!

Pinto Beans and Rice

Writes *Shaweno*: "This recipe is very similar to the red beans and rice recipe used at Treebeards (Houston), but is not as spicy."

BOB RICHEY/*SHAWENO*, HARDIN/LA FRAMBOISE/BEAUBIEN FAMILIES, LOUDON, TN

Ingredients:

1 lb dried pinto beans	1 1/2 tsp thyme
2 quarts water	1 1/2 tsp oregano
2 medium onions, chopped	2 bay leaves
2 stalks celery, with leaves, chopped	1 lb smoked sausage, cut in 1/2-inch slices
1/2 large bell pepper, chopped	1 tbsp minced garlic
2 1/2 tsp salt	

Base for cooked beans:

Cooked white rice

Top with:

Shredded cheddar cheese and chopped green onions

Directions:

Soak the beans overnight or bring to boil and let set 1 hr. Do not drain beans. after beans are pretty soft add vegetables, bring back to boil, and then simmer 1.5 hr. Beans should be soft. Add seasonings and let simmer another 30 minutes. seasonings. During these 30 minutes, cook white rice. Serve beans over white rice, topped with shredded cheddar cheese and chopped green onions.

Wild West Rice

This recipe was shared with me by a friend and former law partner. It serves 8-10 as a main dish and many more as a side dish. It's now our "vegan" contribution to the Fall Feast menu. It is easy to assemble and just delicious. It keeps well, too.

EVA MARIE CARNEY/OJINDISKWE, JUNEAU/VIEAU/YOTT FAMILIES, ARLINGTON, VA

Ingredients:

Olive oil	2-1/4 lb acorn or butternut squash
2 onions, peeled and thinly sliced	Ground cinnamon
8 cloves garlic, peeled and crushed	2 fresh red chilis, deseeded and finely chopped
2-1/2 cups wild rice	2-1/2 cups basmati rice
Sea salt and freshly ground black pepper	1-1/2 cups dried cranberries
Large bunch fresh dill	Zest and juice of one lemon
1 quart vegetable broth	

Directions:

Preheat oven to 350 degrees F. Add olive oil, onions, garlic, wild rice and salt and pepper to a wide and fairly shallow Dutch oven or similar pan, on medium heat. Fry ingredients for about 10 minutes, or until onions have softened. Finely chop the dill stalks and roughly chop their leaves. Add the stalks to the pan, reserving the leaves. Pour in broth and bring to a boil. Cover the pan and simmer for about 10 minutes, stirring occasionally.

While the wild rice mixture is cooking, halve the squash and seed it. Peel if you desire, particularly if the peel is thick or rough in places. (I peel the squash.) Cut the squash into 3/4- inch wedges and toss them in a large bowl with olive oil, cinnamon, the chopped chilis and the reserved dill leaves. Season with salt and pepper.

Remove the lid from the wild rice mixture and stir in the basmati rice, dried cranberries and the zest and juice from the lemon. Gently push the squash wedges into the rice so that they are part-way submerged. Replace the lid or cover with aluminum foil. Bake in the hot over for 45 minutes. The rice and squash should be lightly golden. If you wish, remove the lid or foil and back for another ten minutes for a crispy top.

Sweet and Spicy Green Beans

Writes George: "This is a great, colorful side dish, making the most out of green beans. The look is festive, with dark greens and red pepper. The beans are crisp and spicy. This is a dish first served to us by my wife Kathleen's brother, Kevin Spence."

GEORGE KORZENIEWSKI, LEWIS FAMILY, BOYDS, MD

Ingredients:

1 lb green beans, washed and trimmed	1 tsp garlic chili sauce
2 tbsp soy sauce	1 tsp honey
1 clove chopped garlic	2 tsp canola oil

Directions:

Mix together all ingredients, then stir fry the green beans.

Kotches'uk Inina'tig and Ba'boan/Carrots Maple Sugar & Wild Ginger

This Potawatomi recipe is adapted from the recipe on page 25 of the book FROM INDIAN RECIPES: COLLECTED FROM THE INDIAN PEOPLE I LOVE by Tribal member Priscilla Mullin Sherard, published in 1975. You can find the book on my website, evamariecarney.com. This recipe serves 8.

We make this for holiday meals, substituting grated fresh ginger or ground ginger for wild ginger. Our daughter Elise Cohen/*Mtenose* has contributed this to "heritage" meals held by her graduate school.

EVA MARIE CARNEY/*OJINDISKWE*, JUNEAU/*VIEAU*/*YOTT* FAMILIES, ARLINGTON, VA

Ingredients:

8 carrots, peeled and sliced diagonally
Grated fresh ginger or ground ginger
Maple sugar
Butter
Parsley for garnish

Directions:

Butter a baking dish. Heat oven to 350 degrees F. Put layer of carrots in the baking dish. Mix a small amount of ginger with the maple sugar and sprinkle lightly over carrots. Dot with butter. Continue this layering until dish is filled. Add just enough water to steam carrots. Bake until carrots are tender (about 20 minutes).

Shinaabe Mandaamin (Corn)

Writes Laura: "Even better than creamed corn."

LAURA HEWUSE, BOURASSA-CURLEY-PAPPAN FAMILIES, LAKE TOMAHAWK, WI

Ingredients:

3 cups Ojibwe flint corn
Butter

Salt
Maple syrup.

Directions:

Grind the corn. Put in a slow cooker on low for about 5 hours, with enough water to cover corn. Season with butter, salt, and maple syrup to taste.

Fast Kohlrabi and Apple Slaw

This recipe, a variation on Waldorf salad, comes from a friend in Virginia who found it on online at COOKING LIGHT. It makes 4 servings (1 cup each). I wasn't familiar with kohlrabi before I tasted this dish, but it is crispy and delicious, a good source of vitamin C and stands in well for celery.

EVA MARIE CARNEY/OJINDISKWE, JUNEAU/VIEAU/YOTT FAMILIES, ARLINGTON, VA

Ingredients:

1/4 cup canola mayonnaise 1 1/2 teaspoons apple cider vinegar 1 teaspoon honey 1/4 teaspoon black pepper 1 (12-oz.) kohlrabi 1 small Fuji apple 2 tablespoons thinly sliced scallion 2 ounces shaved aged Gouda cheese

Directions:

Whisk together canola mayonnaise, apple cider vinegar, honey, and black pepper in a large bowl. Add kohlrabi, peeled and cut into thin strips, 1 small Fuji apple, unpeeled and thinly sliced, and thinly sliced scallion. Toss to coat. Top with shaved aged Gouda cheese.

Classic Baked Mac and Cheese Casserole

Will Korzeniewski writes; "This recipe makes a classic baked mac and cheese casserole; it is one of my wife's recipes and one of my favorites."

WILL KORZENIEWSKI, LEWIS FAMILY, LAYTONSVILLE, MD

Ingredients:

16 oz. pasta	1 cup whole milk
3 tbsp butter, cut into small pieces	1/2 cup frozen peas
1 tsp salt	1/2 cup panko
2 1/2 cups shredded cheese	

Directions:

Cook pasta according to box directions. Add butter, milk, and shredded cheese. Mix until creamy. Stir in peas. Pour into a greased baking dish and sprinkle with panko. Bake uncovered at 375 degrees F for 15-20 minutes. Enjoy!!

Sweet Potato Casserole

Colleen Logsdon writes: "This recipe I fix every Thanksgiving & Christmas. Everyone enjoys it. I found this recipe in a Paula Deen cookbook."

COLLEEN LOGSDON, MUNFORD, KY

Ingredients:

1 cup packed brown sugar	1 cup sugar
1 cup chopped pecans	2 eggs, lightly beaten
1/2 cup self-rising flour	1 teaspoon vanilla
1/2 cup melted butter	1/4 cup heavy cream
3 cups mashed cooked sweet potatoes	

Directions:

For the topping, in bowl combine the brown sugar, nuts, flour and 1/4 cup of the melted butter, and stir together with a fork and set aside.

In a large bowl, stir together the sweet potatoes, sugar, eggs and vanilla. If the mixture seems too thick stir in up to 1/4 cup of heavy cream.

Place into a large greased casserole. Spread the topping over the sweet potatoes and bake at 350 degrees F for 20 to 30 minutes, or until the topping is golden brown. Enjoy!

Artichoke-Rice Salad

Jennifer Sullivan writes: "This is another recipe that was passed down from my mom many years ago. I'm not sure where she found it. It's a delicious salad to take to barbecues or potlucks, a great alternative to pasta or potato salads."

JENNIFER SULLIVAN, PASCO, WA

Ingredients:

1 8 oz package Chicken flavor Rice-A-Roni	12 green stuffed olives, sliced
1-2 jars (7 oz) artichoke hearts	1/2 green pepper, chopped
1/3 cup mayo	1 green onion, sliced
1/4 tsp curry powder	

Directions:

Cook Rice-A-Roni as directed and let cool. Drain artichoke hearts, but save liquid. Mix liquid from artichoke hearts with mayo and curry powder, blend well. Mix all ingredients together. Chill and serve cold.

Hot Crash Potatoes

This recipe is a Korzeniewski family favorite.

GEORGE AND KATHLEEN KORZENIEWSKI, LEWIS FAMILY, BOYDS, MD

Ingredients:

12 whole new potatoes (or other small potatoes)
3 tbsp olive oil
Kosher salt
Rosemary and garlic (we use Spice Island rosemary garlic blend grinder, found in the spice aisle)

Directions:

Preheat oven to 450 degrees F. Bring a pot of water to a boil and cook potatoes until fork tender. Drain water. Place potatoes on a baking sheet that you have brushed with olive oil. With a potato masher, press down each potato until it is about 1/2 inch-thick and makes little potato patties that don't touch each other. Brush with olive oil, sprinkle with kosher salt and rosemary and garlic. Bake for 20-25 minutes until golden brown.

Sweet Potatoes Porubic

I was given this recipe in 2010 from an Italian co-worker living on Staten Island – it's been on our holiday table every year since. When she shared the recipe, my co-worker told me "I do everything by eye, pinch, smidgen, etc. so this is the best I can do."

EVA MARIE CARNEY/OJINDISKWE, JUNEAU/VIEAU/YOTT FAMILIES, ARLINGTON, VA

Ingredients:

4 fresh sweet potatoes/yams
2 Granny Smith apples
2 Bartlett or other variety of pears
Butter

Maple syrup
Dark brown sugar

Ground cinnamon
Ground nutmeg
Ground ginger

Directions:

Partially boil sweet potatoes in their skins. When cool enough to touch, peel the skin. Cut the potatoes in about ¼ inch slices. Peel and core 2 pears and 2 apples and cut into 1/4-inch slices. Lightly butter a medium baking dish. Put down a layer of potatoes and sprinkle them with brown sugar. Add a layer of pears and apples, sprinkling with brown sugar, cinnamon, nutmeg and ginger to taste. Continue layering until you have layered all the potatoes, apples and pears. Sprinkle top with brown sugar. Melt a small amount of butter. Mix with maple syrup and pour mixture over the top. Bake at a preheated 375 degrees F oven until the potatoes are cooked through to the consistency you like and the top is browned and bubbly.

Roasted Acorn Squash

I found this recipe on *Chowhound* online. It's great for family dinners and the aroma is amazing! Each squash feeds two – it's a great way to get "in touch" with your food – if you don't want to use your fingers to spread the butter, a dull knife or a spoon will work.

EVA MARIE CARNEY/OJINDISKWE, JUNEAU/VIEAU/YOTT FAMILIES, ARLINGTON, VA

Ingredients:

1 medium acorn squash (about 1 pound)
1 tbsp unsalted butter, cut into 4 pieces and at room temperature

Kosher salt
Freshly ground black pepper
2 tsp packed light or dark brown sugar

Heat the oven to 400 degrees F and arrange a rack in the middle. Cut the squash in half lengthwise and scrape out the seeds. Cut a small slice off the rounded side of each half to stabilize the halves so they sit upright. Using your fingers, coat the flesh of each half with 1 piece of the butter, then season generously with salt and pepper. Divide the sugar and remaining butter pieces among the squash cavities. Place the halves cut-side up on a baking sheet. Roast until fork-tender, 45 minutes to 1 hour.

Creamed Baby Leeks and Pearl Onions

This is a standard at our holiday table; this recipe feeds 6 but can easily be doubled or tripled. This recipe was shared by a family friend years ago. We now use dairy-free butter, gluten-free flour, almond milk and lactose-free cheese (Cabot makes this), so that everyone can enjoy this vegetable dish.

EVA MARIE CARNEY/OJINDISKWE, JUNEAU/VIEAU/YOTT FAMILIES, ARLINGTON, VA

Ingredients:

20 pearl onion	1-1/2 cups milk
10 small leek stalks	1/2 cup grated Vermont sharp cheddar
3 tbsp butter	Salt and pepper to taste
3 tbsp flour	

Directions:

Peel and trim onions. Wash leeks carefully, dry and trim them. Sauté onions and leeks for 5 minutes, until barely tender when pierced with a fork. Layer vegetables in a small buttered baking dish. Set aside.

Melt butter in a heavy saucepan over low heat. Add flour and stir to make a paste. Increase heat a bit and add cold milk, whisking out all lumps, then stir until the mixture thickens. (This produces bechamel sauce.) Add cheese and stir until melted. Remove from heat, salt and pepper to taste. Pour sauce over onions and leeks. Bake in a preheated 350 degrees F oven for 30 minutes.

Hash Brown Casserole

Writes Colleen Logsdon: "This is a recipe made by my 85 years old mother, Patricia "Patsy" Mimnaugh Sexton -- it's a family favorite for all occasions. Mom got this recipe out of a cookbook called KENTUCKY COOKING."

COLLEEN LOGSDON, MUNFORD, KY

Ingredients:

2 lbs. frozen hash brown potatoes, shredded style	2 cans cream of mushroom or cream of chicken soup
2 cups sour cream	2 cups cheddar cheese, grated
1 large onion, chopped	2 cups of corn flake crumbs
	1 stick butter, melted

Directions:

Thaw hash browns. Mix all ingredients except cornflakes and butter. Place in a large greased baking dish. Top with cornflakes and then pour melted butter over crumbs. Bake at 325 degrees F for 1 to 1 1/2 hours. Check after 45 minutes. Remove from oven when brown and bubbling hot. Serves 16 adults.

Breads

Sweet Corn Spoonbread

Writes Amanda Funk: "Here is the recipe for the spoonbread I like to bring to the Fall Feast. I first found this on Pinterest (Stacey Little/Southern Bite) years ago, and now it's a family holiday staple! Just ten minutes preparation time, and 35 to 40 minutes cook time; it serves 6-8."

AMANDA FUNK, TESCIER FAMILY, WYOMISSING, PA

Ingredients:

1 (8.5-oz) package JIFFY Corn Muffin Mix	1 cup sour cream
1 (14.75 oz) can cream style corn	3 eggs
1 (15 oz) can whole kernel corn, drained	1/2 tsp salt
1/2 cup (1 stick) butter, melted	

Directions:

Preheat the oven to 375 degrees F and lightly grease a 2-quart casserole dish with nonstick cooking spray. In a large bowl, combine the ingredients and mix well. Pour the mixture into the casserole dish. Bake 35 to 40 minutes, or until the spoonbread is golden brown and set.

Traditional Fry Bread

Bill Anderson writes: "This is my brother Matt's recipe. Enjoy it like we do and just add powdered sugar to it!"

BILL ANDERSON, ANDERSON FAMILY, CARROLLTON, GA

Ingredients for 4 breads:

1 cup flour	
1/2 tsp salt	1/3 cup warm water
1 tsp baking powder	Cooking oil (we usually use canola oil)

Directions:

Combine the dry ingredients first, then add the warm water. Mix with your hands until it forms a dough. Let the dough sit for about 5 minutes or so.

Break off the dough into golf ball sized balls (or even a little bit bigger if you like bigger fry bread). Roll the dough balls into 1/2-inch thick circles that are about 6 inches in diameter, *make sure you put a "dimple" in the middle using your finger. Make sure the oil is 1 to 2 inches high in the fry pan; heat the oil. Fry each piece in the oil until dough is golden and poofs up, and then fry on the other side keeping it in the oil. Set on a paper towel to drain oil.

Potawatomi Pumpkin Bread

Write Amy Hones and Sue Wagner: "This recipe was gifted to us by a friend, because she knew we were Potawatomi. It serves 8, with a 20- minute preparation time and one-hour cooking time."

AMY HONES, MECHANICSVILLE, MD, AND SUE WAGNER, LAKE MONTICELLO, VA (MOTHER AND DAUGHTER, ANDERSON FAMILY)

Ingredients:

1 1/2 cups unbleached flour	1 tsp spiceberry or allspice
1 1/2 cups mashed or pureed cooked pumpkin (canned may be used)	1/2 tsp nutmeg
1/2 cup honey	1/2 cup pecans or walnuts, chopped
2 eggs, beaten	1/2 cup dried cranberries
1/2 cup melted unsalted butter	Whipped cream, optional
1 tsp baking powder	

Directions:

Preheat oven to 350 degrees F. Combine flour, pumpkin, honey, butter, eggs, baking powder and spices in a large mixing bowl. Stir just until combined, don't overmix. Stir in nuts and cranberries. Pour batter into a greased 6" x 9" bread pan. Bake approximately one hour or until a toothpick inserted in center comes out clean. Remove loaf from pan and let cool on a baking rack. Loaf can be tightly wrapped in plastic or foil and frozen or refrigerated. Top slices with dollop of whipped cream if desired.

Chocolate Chip Banana Nut Bread

THIS RECIPE COMES FROM KATHLEEN KORZENIEWSKI, BOYDS, MD

Ingredients:

1 stick of butter (1/2 cup)	1 1/4 cup very ripe bananas (about 2 bananas), mashed
1 cup sugar	1 tsp vanilla extract
1 tsp baking powder	2 cups flour
1/2 tsp baking soda	1 cup semisweet chocolate chips
1/s tsp salt	1 cup finely chopped pecans
2 large eggs, at room temperature	

Directions:

Grease a 9 x 5-inch loaf pan. Preheat oven to 350 degrees F.

Using an electric mixer, beat sugar and butter, baking powder, baking soda and salt in a large bowl until light and fluffy. Beat in eggs one at a time until well blended. Beat in bananas and vanilla extract. With mixer on low speed, gradually beat in flour until just blended. Stir in chocolate chips and 1/2 cup nuts, by hand. Pour into greased pan and sprinkle top with the rest of the nuts. Bake 60-65 minutes or until toothpick inserted in center comes out clean.

Salt-Crusted Currant Pecan Rye Bread

This recipe makes 3 loaves of extremely tasty bread. As the recipe originator, Patrick O'Connell, of Inn at Little Washington fame, writes: "We've been serving this bread for years, and our guests continue to rave about it. It's surprisingly easy to make and freezes beautifully. Form it into slender loaves and slice it very thinly with a serrated knife as a cocktail bread. You'll find it to be the perfect accompaniment to cheese or smoked salmon." Definitely try it – it's a family heirloom-quality recipe, from O'Connell's THE INN AT LITTLE WASHINGTON COOKBOOK.

EVA MARIE CARNEY/OJINDISKWE, JUNEAU/VIEAU/YOTT FAMILIES, ARLINGTON, VA

Ingredients:

1 tbsp dry yeast	3 cups bread flour, plus additional for working the dough
1 tbsp sugar	2 cups warm (95 degrees F) water
7 1/2 tbsp caraway seeds	1 cup coarsely chopped pecans
1 tbsp salt	1 cup dried black currants or raisins
2 1/2 cups rye flour	1/4 cup kosher salt

Directions:

In the 5-quart bowl of an electric mixer fitted with a dough hook, combine the yeast, sugar, 1 1/2 tablespoons of the caraway seeds, the salt and both the rye and bread flours. Mix until thoroughly combined. With the mixer running, slowly add the warm water and mix until the dough forms a ball and leaves the sides of the bowl. This will take about 2 minutes. Add the pecans and currants or raisins and mix for 2 minutes more.

Turn the dough out onto a floured board. Wipe out the mixing bowl and spray with nonstick vegetable oil cooking spray. Return the dough to the bowl, cover with a damp tea towel, and place in a warm (about 85 degrees F) spot for about 1 hour, or until the dough has doubled in size.

Punch the dough down to release the trapped gases. Form into 3 loaves approximately 12 inches long and 2 inches wide. Brush with cold water and sprinkle generously with kosher salt and the remaining 6 tablespoons caraway seeds. Place the loaves on a lightly greased baking sheet and let sit in a warm place for about 20 minutes. Meanwhile, preheat the oven to 350 degrees F. Bake for 30 minutes, turning the pan every 10 minutes or so to ensure even browning. Cool on a wire rack.

Desserts

Grandma Mim's Apple Slices

Heather Stugis writes: "These were something our grandmother, Lillian Lewis Mimnaugh, would make on special occasions and all of us grandkids looked forward to them as they were delicious. My grandmother lived in Arizona and I lived in Illinois. When she and my grandpa would come to visit, she would make these, which was not very often, so they were a special treat."

HEATHER STUGIS, LEWIS FAMILY, PLAINFIELD, IL

Ingredients:

For the crust

2 cups all-purpose flour

1/4 cup water

2/3 cup shortening

2 eggs

1/2 tsp salt

For the filling

6 Granny Smith apples cored and peeled

3 tbsp all-purpose flour

1 cup sugar

1/2 tsp ground cinnamon

Directions:

Preheat oven to 350 degrees F. Whisk 2 cups flour and salt together in a bowl. Cut shortening into flour mixture using a blender or a fork until crumbly. Whisk water and eggs together in a separate bowl; stir into flour mixture until dough forms a ball. Split dough into halves; roll each half into about a 9x13-inch rectangle. Press 1 rectangle into the bottom of a 9x13-inch baking dish. Place apple slices in a large bowl; add sugar, 3 tablespoons flour, and cinnamon. Toss apples to coat and spread over crust. Cover apple filling with remaining crust, piecing together any scraps to cover any holes. Cut slits into top crust for ventilation while cooking.

Bake in the preheated oven until edges are browned and crisp, 45 minutes to 1 hour. Cool to room temperature before cutting into squares, about 30 minutes.

Maple Syrup Candy

Writes Laura Hewuse: "This recipe I learned first-hand from an Anishinaabe elder from Lac Du Flambeau, WI. Our ancestors tapped maple trees in the spring. They boiled the sap down twice to make pure maple syrup. Then boiled it down even further to make maple cakes/candy, which was a staple. At times the maple cakes were gifted and traded to other tribal nations."

LAURA HEWUSE, BOURASSA-CURLEY-PAPPAN FAMILIES, LAKE TOMAHAWK, WI

Ingredient:

2 cups pure maple syrup

Directions:

The process takes about 30 minutes, and yields 16 candies.

Cook syrup in a saucepan (cast iron skillet works best) over medium heat until it reaches 240 degrees F on a candy thermometer. Remove from heat and allow to cool to 200 degrees F. Stir constantly until syrup becomes sugary. Pour into molds (openings should be about the size of a caramel candy). When candy is cool, remove from molds.

You also can cook this over a wood fire; it will be a challenge to maintain a constant temperature but, if you are able to do that, the maple syrup candy will have a deliciously smoky flavor.

Pina Colada Fluff

Peggy Hurlock/*Msko Gises*, from Lignum, Virginia, a Pettifer, brought this to our 2018 Fall Feast. It was a big hit. This recipe serves 8.

Ingredients:

3.4 oz. box of vanilla pudding mix
20 ounce can crushed pineapple
8-ounce container of Cool Whip (thawed)
1 tsp rum extract
2 cups mini marshmallows
1 cup shredded sweetened coconut
½ cup chopped nuts (your favorite)

Directions:

Mix together pudding mix and pineapple until combined. Fold in Cool Whip, rum extract, marshmallows, coconut, and nuts. Chill until ready to serve.

Cannoli Dip

Writes Jennifer Sullivan: "This one is for a yummy and easy dessert, great for the holidays or parties. I found it in a magazine years ago."

JENNIFER SULLIVAN, PASCO, WA

Ingredients:

2 cups ricotta cheese	1 tsp vanilla
8 oz cream cheese	1 cup mini chocolate chips
1 1/2 cups confectioners' sugar	

Directions:

Mix all ingredients together. Form into ball or log. Chill. Serve with graham cracker or vanilla wafers for dipping.

Muddy Buddies

Anna Korzeniewski writes: "My friends  and I make this when we hang out!"

ANNA KORZENIEWSKI, LEWIS FAMILY, BOYDS, MD

Ingredients:

9 cups Chex cereal	1/4 cup butter or margarine
1 cup semisweet chocolate chips	1 tsp vanilla
1/2 cup peanut butter	1-1/2 cups powdered sugar

Directions:

Measure cereal into a large bowl and set aside. In a microwaveable bowl, microwave chocolate chips, butter and peanut butter for one minute and stir. Microwave further in 30 second intervals until mixture is smooth when stirred. Stir in vanilla and pour mixture into cereal. Pour cereal coated with mixture into 2 resealable food storage bags. Add powdered sugar into the bag and seal it. Shake until evenly coated.

Chewy Cake

This recipe came from a colleague born and raised in Claxton, Georgia. It's simple and Southern and perfect for a pot luck. She brought it to our law firm events and left with an empty plate and lots of thanks for sharing the cake with us.

EVA MARIE CARNEY/OJINDISKWE, JUNEAU/VIEAU/YOTT FAMILIES, ARLINGTON, VA

Ingredients:

1 box light brown sugar	3 cups self-rising flour, sifted
1 stick butter or margarine (softened but not melted)	3 eggs
	1 tsp vanilla extract

Directions:

Mix brown sugar and butter with electric mixer or by hand. Add eggs one at a time, mixing well after each addition. Add vanilla. Add flour, mixing well. Pour into a buttered and floured 9 x 13 x 2- inch baking dish, smoothing top. Bake in a preheated, 325 degrees F oven, 30-35 minutes. Test for doneness with a wooden toothpick.

Pumpkin Pie Cake

For our 2017 District #2 Fall Feast, Lois Bazhaw brought this marvelous dessert. Most everyone attending asked for the recipe and Lois, who travelled to the Feast from North Carolina with her husband Ralph Bazhaw/*Nishbonsek* (Bergeron family), son Ron Bazhaw and daughter-in-law Cheryl Bazhaw, graciously shared it. *Nishbonsek* walked on early in 2018 and we all will miss him dearly at future Fall Feasts, but we hope to keep welcoming Lois and the next generations of Bazhaws to our Fall Feast celebrations.

LOIS BAZHAW, BERGERON FAMILY, PLEASANT GARDEN, NC

Ingredients:

16 oz canned pumpkin	1 teaspoon cinnamon
12 oz evaporated milk	1 teaspoon pumpkin pie spice
1-1/2 Cups of sugar	1 yellow cake mix
3 eggs	1 cup butter (2 sticks) melted
½ teaspoon salt	1 cup chopped pecans or walnuts

Directions:

Mix together the pumpkin, evaporated milk, sugar, eggs, salt, cinnamon and pumpkin pie spice in a bowl. Pour into a greased 9x13 pan or dish. Then sprinkle the dry cake mix over the entire pumpkin mixture in the pan. Be sure to use all of the cake mix. Then spoon 1 cup of melted butter over the dry cake mix. Sprinkle chopped nuts over all. Bake at 350 degrees for 55 minutes. Top with whipped cream or vanilla ice cream. Enjoy!

No-Cook Cream Cheese Fudge

This recipe came from the PHILADELPHIA CREAM CHEESE box and I've been making this for holiday gifts and our holiday table for the last 35 years. I made it for a judge I clerked for who had small children – one year one of the boys confused “fudge” and “judge” and asked when their father would be bringing home “Eva’s judge.” This fudge freezes well but rarely stays around long. I usually double the recipe and mix everything in a food processor.

EVA MARIE CARNEY/OJINDISKWE, JUNEAU/VIEAU/YOTT FAMILIES, ARLINGTON, VA

Ingredients:

4 cups confectioners' sugar	4 squares unsweetened chocolate
1 8 oz package cream cheese (you can use reduced fat)	1 tsp vanilla

Directions:

Melt chocolate in double boiler or microwave and set aside. Soften cream cheese (hold at room temperature or warm in microwave). Mix together in food processor or by hand (be prepared to work!) softened cream cheese and confectioners' sugar, the latter added a cup at a time. Add chocolate and vanilla and blend well. Spread in 8 x 8-inch greased pan. Chill in refrigerator. Cut into squares when firm.

Pumpkin Roll

George and Kathleen Korzeniewski: "This is another Korzeniewski family favorite; we bring this often to the District #2 Fall Feast. Our son Ross/*Wisgak* saw the postcards come in inviting his father George and older siblings Emily and Will to the 2013 Fall Feast. Ross did not get one, since he was under 18, but he was the one who wanted most to attend. He wrote to Eva and was thrilled when she said he and his whole family were welcome. This pumpkin roll recipe is easy to make and has a 'wow' factor – and this is what Ross wanted us to bring to our first Fall Feast." [Eva's note: This pumpkin roll is so delicious that the building security guard where we held the Feast returned to the Tribal office "on patrol" for thirds!]

GEORGE AND KATHLEEN KORZENIEWSKI, LEWIS FAMILY, BOYDS, MD

Ingredients:

For the cake

2/3 cup pumpkin	2 tsp ground cinnamon
3/4 cup flour	1/8 tsp ground nutmeg
1 cup sugar	1/8 tsp ground cloves
3 large eggs	1/8 tsp ground ginger
1 tsp baking soda	

For the filling

8 oz softened cream cheese	1 c powdered sugar
2 tbsp softened butter	3/4 tsp vanilla

Instructions:

Beat the "cake" ingredients until creamy. Place a piece of waxed paper on a large cookie sheet and spread the mixture evenly onto the wax paper. Bake in a preheated 350 degrees F oven for about 15 minutes or until done. Turn out of the cookie sheet onto a smooth fabric tea towel (do not use terry cloth) that is dusted generously with powdered sugar. Remove wax paper and roll cake into the tea towel, long side to long side, and let cool. Mix "Filling" ingredients. Unroll and spread roll with filling. Re-roll and chill.