

Mohawk Corn Bread

Ingredients

- Salt, to taste
- Corn flour [masa harina works really well if you can't get the real stuff from the bush], about 2 lbs
- [2] No. 303 cans kidney beans
- Big Kettle of boiling water

Directions

Mix the flour and about 1 Tablespoon salt with the beans and some water till you form a stiff dough, kneading it with your hands.

Form into flattened cakes about 6 inches in diameter, and about 2 inches thick.

Boil in the water in a covered kettle till they rise [about 1 hour]

Lift out of the kettle, slice and serve with butter.

Note: When you serve with squash, you are sharing the gifts of the 3 Sisters. The corn bread is good the next day as well. Fry in a pan and serve hot. My grandparents used to eat it with maple syrup, and my great-uncle said the broth used to cook the bread was good for you as well. That idea didn't catch on with me, but the maple syrup wasn't bad. I still prefer savory to sweet when it comes to eating corn bread!