

### **Pemmican**

Yield: 6 servings

2 cups buffalo jerky or beef jerky, shredded

1 cup dried chokeberries or tart red cherries, chopped

6 tbsps tallow (beef fat) or butter, melted

Combine all ingredients and form into 6 patties. Refrigerate until serving.

### **Saskatoon Pemmican**

Yield: 3 cups

1 cup jerky; beef or venison

1 cup dried Saskatoon berries or dried blueberries

1 cup unroasted sunflower seeds or crushed nuts of any kind

2 tsp Honey

1/4 cup Peanut butter

1/2 tsp Cayenne [optional]

This version uses peanut butter rather than melted suet or lard as the binding agent, which is more palatable for today's health conscious diets.

Grind [or pound] the dried meat to a mealy powder. Add the dried berries and seeds or nuts. Heat the honey, peanut butter and cayenne until softened. Blend. When cooled, store in a plastic bag or sausage

casing in a cool dry place. It will keep for months.

### **Kdawn's Pemmican**

Yield: 4 cups

2 cups raisins

2 cups dates

Honey (enough for a binder)

2 cups nuts (peanuts, cashews, walnuts, etc.)

Grind together all ingredients except honey. Add honey a little at a time, mixing well until moist enough to mold well and hold shape. Pour into a pan until about 3/4 inch thick, or mold directly into bars. Refrigerate and cut off bars from the pan; wrap in aluminum foil. Note: This was originally a cold climate trail food which was very high in fat (suet).

The recipe substitutes honey instead of suet for a binder. However, suet can be substituted for a cold weather trip.

### **Voyageurs Pemmican**

Yield: 3 1/2 pounds

4 cups dried meat - depending on how lean it is, it can take 1 - 2 lbs. per cup. Use only deer, moose, caribou, or beef (not pork or bear). Get it as lean as possible and double ground from your butcher if you don't have a meat grinder. Spread it out very thinly in cookie sheets and dry at 180° overnight or until crispy and sinewy. Re-grind or somehow break it into almost a powder.

3 cups dried fruit - to taste mix currents, dates, apricots, dried apples. Grind some and leave some lumpy for texture.

2 cups rendered fat - use only beef fat. Cut into chunks and heat over the stove over medium (or tallow) heat. Tallow is the liquid and can be poured off and strained.

Unsalted nuts to taste and a shot of honey.

Combine in a bowl and hand mix. Double bag into four portions. The mixture will last for quite a while without refrigeration. I have eaten it four years old. It actually improves with age.

HINT: Vary the fat content to the temperature in which it will be consumed. Less for summer. Lots for winter. Not only is it good energy food for canoeing, but an excellent snack for cross country skiing.

### **Best Pemmican Recipe**

Beef, Buffalo, Venison, Lamb Jerky

Fresh beef suet (Optional) - Dried fruit leathers or sultanas (golden raisins) or dried blueberries or any seedless dried fruit not preserved with sulphites.

Render (melt) the suet, until it becomes a rich golden-brown liquid. Strain it and throw away any solids that remain. Allow it to cool - it will turn white. (Rendering twice will give the suet better keeping qualities.)

In a blender, grind the dried meat to a powder. Chop or grind the dried fruits and mix them with the dried meat powder.

Heat the suet for the second time. Make sure it is as hot as it can get without smoking. (Smoking means burning.) Pour the suet into the dried meat mixture, adding JUST ENOUGH to moisten the particles. If the suet is too cool you will have to use a lot of it to stick the mixture together and the pemmican will be too rich and fatty. At this point, if the suet is cooling down too quickly to allow it to soak in properly, you can microwave the whole mixture to warm it up.

Press the warm pemmican into a bar tin, using the back of a spoon. Allow it to cool in the fridge then turn it out and cut it into bars about the size and shape of candy bars.

Wrap each bar in waxed paper or lunch paper and close it with a sticky label displaying the type of pemmican you have made - eg. "Venison & Blueberry", or "Plain Beef" or "Buffalo & Apple/Peach".

I have been told that pemmican will keep for months out of the fridge, if properly made. This makes it a wonderful high energy travelling food.

### **Cree Pemmican Recipe**

Slice meat EXTREMELY thin, dry slowly over fire or in smoke house.

Pound meat into shreds or use is meat grinder. Mix in an equal amount of animal fat (Crisco will do if you have no lard, but it will not taste as good), some marrow from the bones (The marrow is extracted by heating it--it will then come out easily). Add wild cherries or currants (these are the favored berries) or in a pinch some sugar to taste. And that's the recipe! Some of the Native Americans add other things such as cayenne or Worchestershire--whatever!