

Dinner Party Menus

Dinner Party #1: Spo'Pi Dinner (Aboriginal Theme)

SAGE RUBBED ROASTED BISON

Ingredients: 2 – 2 ½ lb. inside round roast

- 1 tbsp salt
- 2 tbsp olive oil
- 3 tbsp ground sage
- 1tbsp fresh cracked pepper
- 1 cup water
- 3 cloves of garlic

Directions

1. Trim any silver skin from the roast. Rub roast with olive oil. In a small bowl, combine sage, garlic, salt and pepper. Roll roast in sage mixture to completely coat.
 2. Place the prepared roast in the electric roaster.
 3. Pour water in the bottom of the pan to create steam during cooking.
 4. Cover with a lid or foil. Roast for one hour.
 5. Remove lid and baste with drippings every 30 minutes thereafter. Turn roast occasionally.
 6. Cook until roast reaches an internal temperature of 140°F for rare and 165°F for medium.
- Let rest 10 – 15 minutes and serve.

WILD RICE

Ingredients: 3 C. chicken stock or water
1 C. long grain brown or wild rice
Pinch coarse salt to taste
1 medium yellow squash, cubed



1 medium zucchini squash, cubed
2 C. of baby lima beans
2 C. of whole-kernel corn
1 red bell pepper, roasted and cut into bite-sized strips
1 green bell pepper, roasted and cut into bit-sized strips
1/4 C. sunflower seed or corn oil
3 cloves garlic, finely diced
1 C. diced onion
1/2 C. chopped fresh parsley
1/4 tsp. white pepper
1/4 tsp. paprika

Directions

1. In a large, deep pot over medium heat, bring the chicken stock or water to a rolling boil. Sprinkle in the rice and a pinch of salt, then lower the heat. Cover and steam for 20 minutes.
2. Gradually add the squash, lima beans, peppers, and corn; stir well. Cover and steam for an additional 20 minutes.
3. While this mixture cooks, warm the oil in a medium cast-iron skillet over medium heat. Add the garlic and onions, stirring briskly and cooking for about 5 minutes until garlic and onions are just glistening and translucent, but not brown.
4. Add the remaining seasonings; stir thoroughly and remove from the heat. Stirring thoroughly, add these ingredients to the steaming rice and balance the seasonings and liquids. Steam for a final 5 minutes, covered.
5. Fluff and serve.

BANNOCK

Ingredients: 3 cups flour
3 teaspoons baking powder
1/2 teaspoon salt
2 cups milk (slightly warmed)
1 egg
1/4 cup of oil

Directions

1. Heat oven to 400° and grease 13" x 9" cookie sheet
2. In a large bowl, mix the following: 3 cups flour, 3 teaspoons baking powder and 1/2 teaspoon of salt
3. In a small bowl, mix the following: 2 cups milk (slightly warmed), 1 egg and 1/4 cup of oil
4. Add liquid mixture to dry mixture with a whisk or wooden spoon. When thoroughly mixed, pat down on cookie sheet.
5. Bake for 25 minutes, brush top with oil or butter – and bake for another five minutes.
6. Let cool for a few minutes and cut into squares.

Serve with butter or jam.

SASKATOON BERRIES WITH MAPLE WHIPPED CREAM

Ingredients: 3 cups fresh Saskatoon berries
1/4 cup packed light-brown sugar
1 teaspoon finely grated lemon zest, plus 3 tablespoons fresh lemon juice
3/4 cup heavy cream
1/4 cup sour cream
1/4 cup pure maple syrup

Directions

1. In a medium bowl, combine blueberries, sugar, and lemon zest and juice; set aside.
2. Using an electric mixer on high speed, whip heavy cream and sour cream in a large bowl until soft peaks form, about 2 minutes.
3. Keep on whipping, and add maple syrup in a steady stream; continue to whip until maple cream is thick and velvety, about 1 minute more.
4. Divide berries among serving bowls; top with maple cream.

MINT TEA

Ingredients: Mint leaves
Honey or Sugar

Directions

1. Boil hot water
 2. Add mint leaves
 3. Honey/sugar to sweeten
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Dinner Party #2: Canadian Contemporary

WALNUT, BRIE AND GRAPE SALSA TARTLETS

Ingredients: 3/4 cup (175 mL) quartered seedless red grapes
2 tbsp (25 mL) finely chopped shallots or green onions
1 tbsp (15 mL) white balsamic vinegar or cider vinegar
1/4 tsp (1 mL) salt
1/4 tsp (1 mL) pepper
3 oz (85 g) Brie cheese
1 pkg croustades, (24 crispy shells)
1/3 cup (75 mL) chopped walnuts, toasted
1 tbsp (15 mL) minced fresh parsley

Directions

1. In bowl, toss together grapes, shallots, vinegar, salt and pepper. (Make-ahead: Cover and refrigerate for up to 2 hours.)
2. Cut Brie into 1-inch (2.5 cm) cubes. Fill each croustade with heaping 1/2 tsp (2 mL) of the walnuts and 2 pieces Brie; top with 1 tsp (5 mL) of the grape mixture. Sprinkle with parsley.

MAPLE GLAZED RIBS

Ingredients: 4 pounds pork spareribs, cut into serving size pieces
1-1/3 cups pure maple syrup
1/4 cup frozen orange juice concentrate
1/4 cup ketchup
2 tablespoons and 2 teaspoons soy sauce
1 tablespoon and 1 teaspoon Dijon mustard

1 tablespoon and 1 teaspoon Worcestershire sauce
1-1/4 teaspoons curry powder
1-1/4 cloves garlic, minced
2-3/4 green onions, minced
1 tablespoon and 1 teaspoon toasted sesame seeds

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Place ribs meat side up on a rack in a 9x13 inch roasting pan. Cover pan tightly with foil. Bake for 1 1/4 hours.
2. In a saucepan over medium heat, combine maple syrup, orange juice concentrate, ketchup, soy sauce, mustard and Worcestershire sauce. Stir in curry powder, garlic and green onions. Simmer for 15 minutes, stirring occasionally.
3. Remove ribs from roasting pan, remove rack, and drain excess fat and drippings. Return ribs to pan, cover with sauce, and bake uncovered for 35 minutes, basting occasionally. Sprinkle with sesame seeds just before serving.

NANAIMO BARS

Ingredients: 1/2 cup butter, softened
1/4 cup white sugar
5 tablespoons unsweetened cocoa powder
1 egg, beaten
1 3/4 cups graham cracker crumbs
1 cup flaked coconut
1/2 cup finely chopped almonds (optional)

1/2 cup butter, softened
3 tablespoons heavy cream
2 tablespoons custard powder
2 cups confectioners' sugar

4 (1 ounce) squares semisweet baking chocolate
2 teaspoons butter

Directions

1. In the top of a double boiler, combine 1/2 cup butter, white sugar and cocoa powder. Stir occasionally until melted and smooth. Beat in the egg, stirring until thick, 2 to 3 minutes. Remove from heat and mix in the graham cracker crumbs, coconut and almonds (if you like). Press into the bottom of an ungreased 8x8 inch pan.
2. For the middle layer, cream together 1/2 cup butter, heavy cream and custard powder until light and fluffy. Mix in the confectioners' sugar until smooth. Spread over the bottom layer in the pan. Chill to set.
3. While the second layer is chilling, melt the semisweet chocolate and 2 teaspoons butter together in the microwave or over low heat. Spread over the chilled bars. Let the chocolate set before cutting into squares.



PETROGLYPHS FROM *WRITING ON STONE*

The images on this painting are representations of a warrior showing his trophies, (a prized horse taken from an enemy tribe) to this people. This is one of the protocols of “Counting Coup” which is part of the Blackfoot Tradition.

Special thank you to the Artist from the Blood Tribe, Lance Scout, and current owner of the painting Rick Tailfeathers.



MENU

Spo'pi Dinner

“TRTL” The name stands for Technological Residence Traditional Living and will be known to the Blackfoot community as Spo’pi, the Blackfoot word for turtle.

ROAST BISON - *linii l'ksiska*

For the Plains Indians of North America, buffalo was their subsistence - their primary source of food, shelter and clothing. Amongst the Blackfoot tribes, buffalo hides were used for tepees, robes and bedding, they used sinew in the buffalo tail for sewing, they used bones for tools and utensils,

WILD RICE - *Issssiinainkimm*

For thousand of years, natives from Ontario and Manitoba harvested wild rice from lakes. They would paddle through the rice beds to catch it to then dry it on shore. Roasted until nut-brown, it is even today a big part of aboriginal cuisine.

BANNOCK - *Napayin*

Bannock is flat bread that originated from Scotland and Ireland, and was brought to North America during the fur trade. Bannock is a contemporary staple amongst Native tribes of North America.



SASKATOON BERRIES - *Miini*

Saskatoon berries are the most important plant food used by the Blackfoot peoples of the prairies. The berry is used in ceremonies and the plant has sacred significance. Saskatoon berries were so valuable to First Nations Peoples in historic times that they were used as a trade item.

MINT TEA - *Siksikimi*

Please inform your server if you have any allergies



TRTL
Technological Residence
Traditional Living



MENU

Canadian Contemporary

WALNUT, BRIE AND GRAPE SALSA TARTLETS

A delicious mix of walnut, brie and grape salsa served in a crispy shell.



MAPLE GLAZED RIBS

Baby back ribs basted with a sweet and pungent sauce made from maple syrup, brown sugar, Worcestershire, mustard, ketchup and vinegar. Accompanied by garden fresh vegetables and a side of rice.



NANAIMO BAR

Also known as the national desert of Canada. Named after the west-coast city of Nanaimo, BC, it consists of layers of wafer crumbs, topped by light vanilla and covered in chocolate.

COFFEE, TEA, HERBAL TEA

Please inform your server if you have any allergies