

# Let's Celebrate

November is Native American Heritage Month. Here are a few ways to honor it.

## Buy a Book

When he was the executive chef at Mitsitam Café, at the Smithsonian National Museum of the American Indian, Freddie Bitsoie developed dozens of modern takes on Indigenous foods. His new cookbook, *New Native Kitchen* (\$40, Abrams), includes many of his favorites, plus recipes inspired by his own Navajo heritage, like Chocolate Bison Chili.



## Mix a Mocktail

At his new Minneapolis restaurant, Owamni by The Sioux Chef, Sean Sherman worked with bar manager Kareen Teague to create a drink menu that celebrates native plants. Try this zero-proof cocktail infused with balsam fir.



### Ziiwiskaagamin

1. Combine 10 cups water,  $\frac{1}{2}$  cup dried balsam fir leaves and 2 tablespoons dried sumac berries in a large pot. Bring to a boil, then simmer 30 minutes; let cool.
2. Blend the fir-sumac liquid with  $\frac{3}{4}$  cup each blackberries and raspberries and  $1\frac{1}{2}$  cups aronia berries until smooth; strain through a fine-mesh sieve.
3. For each drink, combine  $\frac{3}{4}$  cup of the berry mixture and 1 tablespoon agave syrup in a shaker with ice. Shake, then strain into a tall glass with ice. Garnish with a balsam fir sprig.



## Make a Snack

Tulsa chef Nico Albert from the Cherokee Nation makes this dip to honor the keystones of Native American cooking: corn, beans and winter squash, known as the three sisters. She includes a fourth, sunflower: The seeds add a nice crunch!



### Four Sisters Dip

Combine  $\frac{1}{2}$  cup sunflower oil, 4 garlic cloves and 2 teaspoons chopped rosemary in a small saucepan over medium heat. Bring to a simmer and cook until the garlic is soft and just begins turning golden brown. Remove from the heat and let cool. Meanwhile, combine one 15-ounce can each hominy and white beans (drained and rinsed),  $\frac{1}{2}$  cup cooked pumpkin (or half of a 15-ounce can pumpkin puree), the juice of  $\frac{1}{2}$  lemon and 2 teaspoons each kosher salt and pepper in a food processor. Add the garlic-rosemary oil and puree until smooth. Serve topped with roasted sunflower seeds.



## Take a Trip

Everyone who visits the recently reopened Indian Pueblo Cultural Center in Albuquerque, NM, can get a taste of Indigenous cooking: Take a class, sign up for a tasting menu or drop by the restaurant to dine on blue corn enchiladas and juniper-braised buffalo short ribs. [indianpueblo.org](http://indianpueblo.org)

## Go Shopping

The famous Santa Fe Winter Indian Market went virtual during the pandemic and was so successful, the artisans are heading online again this season. From November 19 to 21 you can shop for jewelry, pottery and more from hundreds of New Mexico-based Native artists. [swaia.org](http://swaia.org)



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