

Native American Pre-BEX Tour

Cooking Demo Menu & Recipes • Chef Jason Champagne • TBEX Summit America 2025

Chef website: indigenousofnativechef.com

Menu

- 1) Butternut Squash Soup w/ Parsley Mint Drizzle
 - 2) Red Lake Wild Rice w/ Butternut Squash
 - 3) Anasazi Beans
 - 4) Braised Ground Elk Taco Meat + Red Chile Sauce (scallion garnish)
 - 5) Native American Bannock Bread + Sage & Oregano Compound Butter
 - 6) Braised Rosemary & Garlic Buffalo Roast + Hatch Green Chili Sauce (scallion garnish)
 - 7) Blue Corn Cakes (Pancakes) + Lemon-Mint Mixed Berry Compote
 - 8) Hibiscus Tea
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Recipes — Quick Reference

Butternut Squash Soup w/ Parsley-Mint Drizzle

Key ingredients: onion, ginger, turmeric, cumin, butternut squash, broth, evaporated milk, cinnamon, lime; parsley, mint, lemon, maple syrup (drizzle)

1. Sauté onion + ginger in oil; bloom turmeric & cumin.
2. Deglaze with water; add broth + cinnamon; simmer until squash is tender; stir in evaporated milk & lime.
3. Blend smooth; finish with parsley-mint drizzle.

Red Lake Wild Rice w/ Butternut Squash

Key ingredients: wild rice, water, diced butternut squash, salt, black pepper

1. Simmer rinsed wild rice in water 30–40 min until liquid absorbs.
2. Boil diced squash separately until tender; drain.
3. Fold squash into rice; season, cover, rest 10 min before serving.

Anasazi Beans

Key ingredients: dry Anasazi beans, chili powder, cumin, paprika, granulated garlic, pepper, salt

1. Soak beans overnight; rinse and drain.
2. Simmer with spices 35–40 min, stirring occasionally.
3. Mash some beans to thicken; stir in salt; rest 10 min.

Braised Ground Elk Taco Meat (low-sodium) + Red Chile Sauce

Key ingredients: ground elk, chili powder, cumin, paprika, granulated garlic, pepper; red chile puree, onion, garlic, stock

10. 1. Brown elk in oil; add spices; add water; simmer to desired texture (~20 min).
11. 2. For sauce: soften dried California chiles; sauté onion & garlic; add stock & pepper; simmer, then blend smooth.
12. 3. Serve elk with warm red chile sauce; top with sliced scallions.

Native American Bannock Bread + Sage & Oregano Compound Butter

Key ingredients: flour, baking powder, salt, melted butter, milk; (compound butter served alongside)

13. 1. Mix dry ingredients; add butter+milk; rest 45 min.
14. 2. Roll to ~1½"; dock with fork; bake 325°F ~45 min with water pan; rest 20 min before slicing.

Note: Compound butter listed on menu; detailed recipe not provided in materials.

Braised Rosemary & Garlic Buffalo Roast + Hatch Green Chili Sauce

Key ingredients: buffalo sirloin roast, oil, salt, pepper, onion powder, garlic, fresh rosemary; Hatch chiles, onion, flour, stock

15. 1. Season & sear roast; braise covered at 275°F 5–6 hrs (or 7–8 hrs in slow cooker); shred in juices.
16. 2. For green chili sauce: make light roux with onion & flour; whisk in stock; add chopped Hatch chiles; simmer 12–15 min.
17. 3. Serve buffalo with green chili sauce; garnish with sliced scallions.

Blue Corn Cakes (Pancakes) + Lemon-Mint Mixed Berry Compote

Key ingredients: blue cornmeal, flour, baking powder, sugar, salt, butter, egg, milk; strawberries, blueberries, lemon, stevia, mint

18. 1. Whisk dry & wet separately; combine smooth.
19. 2. Griddle cakes over medium heat; flip when edges dry; cook 1–2 min more.
20. 3. Simmer berries with lemon 3 min; remove from heat; sweeten; spoon over cakes.

Hibiscus Tea (Service)

Key ingredients: dried hibiscus, hot water (sweetener optional)

21. 1. Steep hibiscus in hot water to preferred strength.
22. 2. Sweeten to taste (optional). Serve hot or over ice.

Note: Detailed recipe not provided in materials; standard service shown.