

Corn Soup

If you would like to make your own hulled corn, refer to the instructions in the box below. It includes two methods for making hominy; wood ash and baking soda. Baking soda recipe is less messy than wood ash. Recipe is courtesy of *Mino Wiisinidaa; Let's Eat Good!* cookbook compiled by Great Lakes Indian Fish & Wildlife Commission Press.

Ingredients

- 2 quarts cooked hulled corn, rinsed and drained
- 2 cans red kidney beans
- 6 smoked pork hocks

Directions:

In a large stock pot add 4 quarts water and pork hocks. Let boil for an hour.

Remove hocks from pot and lower heat to simmer; shred meat from bones and return meat to broth. Add in corn, beans, and salt & pepper to taste.

Serve immediately or freeze batches for later.

How to Make Hominy

❖ Wood Ash Method

1. In a very large stock pot combine **3 pounds dried corn** with **3 gallons water**.
2. Using cheesecloth and long piece of twine, tie **2 cups hard wood maple ash** into a bundle. With long ends, tie the bundle to each handle on the stock pot so the ash is suspended in the water but doesn't touch the bottom.
3. Bring pot to a boil, reduce heat if necessary and stir continuously paying close attention to bottom.
4. Add water if hominy mixture thickens (up to two gallons). Hominy could scorch if not enough water is in pot.
5. Continue to cook until hominy is soft enough to be squeezed between thumb and forefinger.
6. Drain hominy in colander and quickly rinse under cool water.
7. Place hominy in large bowl and return 2 cups to colander. Thoroughly clean hominy in colander by filling sink with cool water. Stir hominy with hands to remove wood ash, drain water.
8. Rub away any outer husks and set clean hominy aside. Repeat with remaining hominy.
9. Use immediately or store in freezer up to a year. Before eating, boil for 20 minutes, or until soft.

❖ Baking Soda Method

1. Use medium stock pot, mix 2 tbsp baking soda, 1 gallon water, and 1.5 lb dried whole corn (about 1 quart). Bring to boil and let cook about 20 minutes.
2. Maintain boil, add water if necessary, until hominy is soft, 2-3 hours. (Hominy is soft when hull rubs off when squeezed)
3. Once soft, remove from heat. Using several scoops at a time, place hominy in colander and rinse under cold running water stirring aggressively to remove hulls.
4. Continue to rinse until water runs clear and most of hulls and germs (black speck at base of kernel) are removed. Repeat with remaining hominy.
5. Hominy can be reheated or place in freezer for later use.