
Saskatoon & Apple Fruit Leather *by Chef Jenni Lessard*

Servings: 24

Prep time: 15 min

Cook time: 6 hours

INGREDIENTS

250 g (about 3 medium apples)
apple, diced with skin on
500 g (about 1.5 cups) Saskatoon
Berries
45 ml (3 Tbsp) lemon juice
45 ml (3 Tbsp) maple syrup
2 pinches of cinnamon

DIRECTIONS

1. Combine apple, Saskatoon berries, lemon juice, maple syrup and cinnamon in a pot and bring to a boil. Reduce for a simmer and cook just until apples are tender.
2. Puree in blender until smooth.
3. Spread onto a parchment covered baking sheet just thin enough for the mixture to cover the bottom.
4. Put in oven set to 175 F, uncovered, for 6 hrs.
5. Let cool completely, then roll up and cut into individual portions, using parchment paper in the roll to prevent sticking.
6. Store in an airtight container up to a week in the fridge or up to three months in the freezer.

3 Sisters Spice Cookies *by Chef Jenni Lessard**

Servings: 24

Prep time: 10 min

Cook time: 12 min

INGREDIENTS

½ cup soft vegan margarine or sunflower oil
½ cup granulated sugar
½ cup brown sugar
1 ½ cups squash or pumpkin puree
1 tsp vanilla
1 cup all-purpose flour
1 cup whole wheat flour
½ cornmeal
1 tsp cinnamon
½ tsp ground ginger
½ tsp salt
1 tsp baking soda
1 tsp baking powder
1 cup cooked black beans, rinsed and chopped
cinnamon & sugar for topping

DIRECTIONS

1. Combine margarine or oil, granulated sugar, brown sugar, squash puree and vanilla in a medium bowl and mix until light and creamy.
2. Mix all-purpose flour, whole wheat flour, cornmeal, salt, cinnamon, ginger, baking soda and baking powder in a large bowl.
3. Add wet ingredients as well as black beans to dry ingredients in bowl.
4. Scoop by tablespoonful, roll into a ball and coat with cinnamon sugar mixture. Flatten between palms and place on a parchment lined baking sheet and bake at 350 F approximately 12 minutes.

**These soft and moist cookies pay homage to the time-honoured Indigenous companion planting method using corn, bean and squash. The black beans can be easily mistaken for chocolate chips! They are vegan and can be made gluten free by substituting the flour for an equal amount of gluten free flour. I cook squash with just enough water to cover, until easily pierced with a fork, then drain and puree. Canned pumpkin is great, too!*

Whole Wheat Bannock *by Chef Jenni Lessard**

Servings: 24

Prep time: 15 min

Cook time: 30 min

INGREDIENTS

- 3 cups whole wheat flour
- 3 cups all-purpose flour
- 3 Tbsp baking powder
- 1 tsp salt
- 2 Tbsp brown sugar
- ½ cup oil or melted lard
- 3 to 3 ½ cups cold water

*This recipe is not a super traditional one. I adapted it from a recipe given to me by my Great Aunt. If you want a stiffer dough, use less water. I use half whole wheat flour to increase nutritional value and add a nuttier, more complex flavour but you can stick to white flour if you like.

DIRECTIONS

1. In a large bowl, combine both flours, baking powder, salt and brown sugar.
2. Add water and oil and mix with hands until all the dry ingredients are incorporated. If making bannock on a stick, add the water gradually until dough is the consistency of a thick biscuit dough. For baked bannock, use 3 ½ to 4 cups water.
3. Turn out onto a floured counter and knead a few minutes. Form into a 12 inch by 12-inch circle and bake 30-35 min at 375 F until golden brown.

Bison Calzones *by Chef Jenni Lessard**

Servings: 24

Prep time: 25 min

Cook time: 10 min

INGREDIENTS

- 3 lbs ground bison (substitute ground beef, moose or other meat)
- 1 Tbsp oil
- ¼ cup onion, diced
- 2 garlic cloves, minced
- 1 tsp each of crumbled dried sage, dried basil, garlic powder, onion powder, salt
- ½ tsp pepper
- 1 small can tomato paste
- 2 cups shredded mozzarella

* Sometimes I like to brush the dough with butter or oil then sprinkle a bit of Italian seasoning on top.

DIRECTIONS

1. Heat oil in large skillet. Scramble fry bison with garlic and onions until no pink remains.
 2. Add herbs and spices and tomato paste and mix well. Add a bit of water if it seems too dry.
 3. Make whole wheat bannock dough according to recipe, using a bit less water, about 3 cups total.
 4. Roll dough out into a rectangle about ½ inch thick. Using a jar lid or circle cutter, cut 24 circles.
 5. Put 2 Tbsp bison filling in centre of circle and top with shredded cheese.
 6. Fold over and pinch edges together to seal well.
 7. Place on an ungreased, parchment lined baking sheet and either freeze and then store in Ziplock bag up to two months or bake at 375F for about 35 min, until golden brown.
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