



Pit Roasted Lamb

(Quoted from James Beard's Treasure of Outdoor Cooking)

"Legend tells us that early French explorers of America saw whole animals being pit roasted by the natives. From 'barbe a queue,' they exclaimed, with gestures. They meant the entree was cooked from 'head to tail.' And so, when we barbecue a steer or piglet, we do."

1 30- 40 lb dressed lamb

1 head garlic chopped

2 lemons

1 cup olive oil

1 cup basil chopped

Salt

Ground black pepper

2 cups cooked parboiled wild rice

Buy lamb butchered into quarters. First rub lamb with olive oil and lemon jus then season with garlic and basil and finally with salt and ground black pepper. Make sure to season generously with the black pepper.

Take one cup parboiled wild rice and place in the cavity of the lamb. To do this, make a cut from the seventh rib from the front of the lamb starting from one end of the rib all the way to the other end and stopping. This will allow you to fold the rib cage over the leg lamb and create a pocket to hold and cook the wild rice.

Double wrap seasoned lamb in in heavy aluminum foil. Then using chicken wire that has been cut into 2 ft x 2 ft squares, place foil-wrapped lamb in center and shape the wire like a cage around the lamb. Using a cake tester or a bamboo skewer, poke 3-4 holes on the top side of the lamb.

The lamb is now pit ready and can be cooked. This step can be done a day in advance.

Closed pit barbecue

(Quoted from: James Beard Outdoor Cooking)

"Closed-pit barbecues are no less elaborate than open ones. If you decide, therefore, to give a simple barbecue for five hundred or a thousand people, I suggest that you start trying immediately to locate someone who can handle the job for you. On a small scale, however, the closed-pit barbecue can be quite good fun. For a start, dig a pit about 3-feet deep, 4 to 5-feet long, and 3 feet-wide. Line it well with rocks. This requires a bit of work, but it's worth it. When you are ready to cook, build a wood fire and add logs gradually as it burns down. This should take 4 or 5 hours. The point is to get a great bed of coals so that the rocks heat thoroughly. Before you begin to cook, shovel out the ashes and keep them in a big can or tub. Put a layer of ferns, leaves, or corn husks on the bottom of the pit and place the meat on it. Cover the meat with more ferns or leaves, and then with the hot ashes. On top of this put a sheet of galvanized iron, or canvas, then a thick coating of earth. You can now leave the pit alone for 5 to 8 hours. Don't worry too much about the exact timing. Meat prepared this way is never rare. As a matter of fact, it is much more likely to be overdone, so don't attempt to cook the choicest prime ribs or fillets."

Native American Fry Bread

3 cups all-purpose flour
1 tablespoon baking powder
1 teaspoon salt
1 1/4 cups warm water
Extra flour for processing
(Yield: 8 to 12 small portions or 6 to 8 larger portions)

Directions:

To make the dough, thoroughly blend the flour with the baking powder and salt in a mixing bowl or on a suitable, clean working surface. Make a well in the center of the flour mixture and pour the warm water in the center of the well. Work the flour mixture into the water with a wooden spoon, or use your hands. Gently knead the dough into a ball and form it into a roll about 3-inches in diameter. Cover the dough with a clean kitchen towel to prevent drying and let the dough relax for a minimum of 10 minutes. This dough is best used within a few hours, although it may be used the next day if covered tightly with plastic wrap, refrigerated, then allowed to warm to room temperature.

To form the bread, place the dough on a cutting board. Cut the dough with a dough cutter or knife into desired thickness. This process of cutting helps keep your portion sizes consistent. Naturally, you will want to cut small pieces for appetizers (or, alternatively, if you are making sandwiches, cut them bigger). Once you have determined the size, begin cutting in the center of the roll and continue the

halving process until all of the portions have been sliced. Cover the pieces of dough with a dry, clean towel while you process each piece to prevent drying. Place some flour in a shallow pan to work with when rolling out the dough. Lightly dust each piece of dough and then place the dough on a lightly floured work surface. With a rolling pin, roll each piece to about 1/4-inch thickness. Place each finished piece in the flour, turn and lightly coat each piece, gently shaking to remove the excess flour. Stack the rolled pieces on a plate as you complete the process. Cover with a dry towel until ready to cook.

To cook fry bread, place any suitable frying oil in a deep, heavy pan. The oil should be a minimum of 1 inch deep. Place pieces of bread in the oil. Do not overcrowd the pan. Cook 2 to 3 minutes per side. This bread generally does not brown and should be dry on the exterior and moist in the center. Try cooking one piece first, let it cool, and taste for doneness. This will give you a better gauge of how to proceed with the balance of the bread, ensuring good results. Place the finished breads on a paper towel to absorb excess oil. Serve this bread immediately after cooking.

Wild Blackberry Jam

2 cup blackberries
2 cups blueberries
2 each apples grated
1 cup maple sugar
1 cinnamon stick.
1 juice and zest of lemon

Place all ingredients in sauce pot. Bring to simmer and cook on low for 20 minutes.

Can be refrigerated for up to a month...if you can wait that long.

Roasted Corn Salad

8 ears corn (roasted and cut from cob)
1 red onion Sliced
2 cups cabbage Shredded
3 green onions chopped
1 cup white balsamic vinegar

Place all ingredients in bowl. Season with salt and pepper. Place in refrigerator and let marinate overnight.