

Section 14 Appendix

Pioneer and Indian Recipes

Hardtack:

You will need:

2 cups stone ground flour
1 cup water

Combine the flour and water. Knead until smooth. Sprinkle some flour on a smooth surface and roll the dough flat until it is 1/4 inch thick. Cut biscuits out with a can or a glass making each biscuit about 3-4 inches in diameter. Poke holes into each biscuit with a fork. Place on a floured cookie sheet. It should come out hard and dry.

Oven: 400 F
Time: 35-45 minutes
Yield: 12-15 biscuits

Beef Jerky:

You will need:

1 flank or London broil steak (or other very lean cut of meat)
salt and pepper
1 cup soy sauce
aluminum foil

Cut the steak into strips with the grain of the meat. It is very important to cut along the grain or the cooked meat will fall apart into small pieces! Pour the soy sauce into a bowl and dip the meat strips in it. Lay the strips out on a piece of foil and sprinkle generously with salt and pepper on both sides. Place the strips on a metal rack in the oven with foil below to catch the drippings.

Oven: 150 F
Time: 10 hours

** You can put your beef jerky in the oven at bedtime and it will be ready to take out in the morning before school.

Indian Fry Bread:

You will need:

3 cups self-rising flour
2/3 cup powdered sugar
1/3 cup milk
1 cup cold water
corn oil (for frying)

In a bowl, mix sugar and milk. Add flour. Gradually stir in the water until the flour is moistened and the dough forms. Turn the dough out on a lightly floured surface; knead until dough is well mixed. Roll to a 10 inch square and about 1/2 inch thickness. Cut into 12 rectangles. In a deep saucepan, heat some oil at 375 F. and fry the dough 2-3 minutes or until medium brown. Turn often as you are frying. Drain on a paper towel and sprinkle with powdered sugar.

Narcissa's Camp Bread:

You will need:

1 cup flour
1/2 cup water
shortening (for frying)

Mix the water and the flour together. Stir and knead to form a dough free from lumps. Turn this onto a lightly floured board and pat into a rough square about 1/2 inch thick. Cut this into about 2 inch squares. Melt shortening in a heavy skillet. (Be sure to use enough shortening to give the bottom of the skillet a good coating.) When a drop of water sizzles in the pan, place the dough squares into the shortening. Cook the squares at a medium heat until lightly browned. Then turn over and cook the other side as well. Serve at once.

**The addition of 1 1/2 teaspoons of baking powder and 1/2 teaspoon of salt will give our modern tastes a more palatable product.

Sarah Smith's Meat Pies:

You will need:

1 pound ground beef
salt and pepper
2 pie crusts

Cook ground beef, breaking it apart as it cooks, until it starts to lose its red color. Salt and pepper to your taste. Make your favorite pastry and divide it into two

parts. Roll each part into a circle about 10 inches in diameter and place this on a baking sheet. Spoon one half of the meat mixture over one half of each circle, leaving about a 1 inch border around the edge. Moisten the edge of pastry with water, fold the unfilled half over filling, and press edges together to seal. Then cut 3-4 slits into the top to allow the steam to escape. Repeat this process with the other pastry.

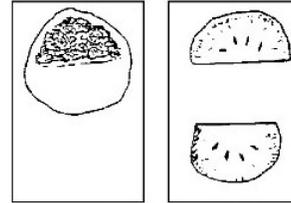


Figure 1

Figure 2

Oven: 350 F

Time: 20 minutes (or until nicely browned)

Sarah Smith's Buffalo Gravy:

You will need:

1 lb. ground beef
4 Tbs. flour
salt and pepper
2 cups milk

In a heavy skillet or Dutch oven, brown ground beef, breaking it apart into chunks as it cooks. Cook until the meat loses its red color, and add salt or pepper as desired. Stir in 4 tablespoons of flour. Stir constantly, and then add 2 cups of milk. Cook until thickened. If it becomes too thick, you may add a little more milk. Adjust the seasoning if necessary. You might want to try this over a baked potato or biscuits. Should serve about four.

Tea Biscuits:

You will need:

1 cup butter
1 cup milk
4 eggs
3 cups flour
1 tsp. salt
1 1/2 tsp. baking soda
2 tsp. cream of tarter

Mix all ingredients together. Make into a thin loaf and bake in flat, greased pan. Break into chunks. Serve warm with butter and honey.

Oven: 350 F

Time: 30 minutes (check after 20 min.)

Potato Pudding:

You will need:

3 large potatoes
3 eggs (separated)
1 cup granulated sugar
1/4 cup flour
1 tsp. salt
1 cup cream
1/2 fresh lemon (juice squeezed, and rind grated)

Boil, mash and cool the potatoes. Mix with egg yolks. When well blended, add egg whites, (which have been well beaten and combined with sugar) flour, salt, cream, and lemon, juice and grated rind. Bake in a buttered dish until firm. Serve with sugar and cream. Also, they are good when they are topped with fresh berries, sweetened and crushed.

Oven: 350 F

Time: 30 minutes (or until firm)

Apple Treat:

You will need the following:

4-5 slices of buttered bread
1 can sweetened apple sauce
2 eggs
1 pint milk
1/2 cup granulated sugar
1/2 tsp. salt

Line the bottom of a pudding dish with buttered bread and cover with apple sauce. Repeat until dish is half-full, finishing the layering with the bread on top. Mix eggs, milk, sugar, and salt. Pour this mixture over bread and sauce. Bake until set. Serve cold with cream, sugar, and nutmeg gratings or cinnamon.

Oven: 350 F

Time: Approx. 25 minutes

Apple Snow:

You will need:

10 apples
1 cup water
Grated rind of 1 lemon
10 eggs (separated)
1 cup granulated sugar

Peel and core apples. Simmer in water with lemon rind until tender. Put through colander and cool. Take egg whites, beat to a stiff froth, and fold into apples. Add sugar, and continue beating until stiff. Serve in a glass dish with either custard sauce made with the egg yolks, or whipped cream. This is good enough for a party when served with ladyfingers, snow cake, or sponge cake.

Cranberry-Nut Muffins:

You will need the following:

1/4 cup margarine
1/2 cup honey
2 beaten eggs
1/2 cup orange juice
1 1/2 cups flour
1 tsp. grated orange rind
1 tsp. baking powder
1 1/2 tsp. salt
3/4 cup chopped cranberries
1/2 cup chopped walnuts

Cream margarine and honey. Add the eggs, orange juice, and rind. Mix in the flour, baking powder, and salt. Then, add the cranberries and the walnuts. Bake in oiled muffin tin.

Oven: 350 F

Time: 35 minutes

Oregon Trail Books

TITLE	AUTHOR	CLASSROOM USE
Wagon Trail Travels	T. Farnham	Reading/Diary
The Plains Across	John D. Unruh, Jr.	Reading/Reference
Oregon Trail Dangers and Dreams	Jane Kurtz Jane Kurtz	Various Activities and Indian Orlistatives and Indian Chief's names
Chief Joseph Country	Gulick	Reading/Reference
The Cayuse Indians	Ruby R. Brown	Indian Names/history
Coyote Was Going There	Jarold Ramsey	Reading/Writing
Cobblestone Magazine — The Oregon Trail	Class reading	Class reading
Historic Sites Along the Oregon Trail	Aubrey Haines Aubrey Haines	Reference Reference
Cooking the Dutch Oven Way	Woody Woodruff Woody Woodruff	Reference Reference
The Prairie Traveler	Randolph B. Marcy	Oregon Trail info. Oregon Trail info.
Oregon Trail — Voyage of Discovery	KC Publications KC Publications	The story behind the Oregon Trail The story behind the Oregon Trail
Stout Hearted Seven	Neta Lohnes Frazier	Classroom Reading/Writing Classroom Reading/Writing
The American Frugal Housewife	Lydia Child Lydia Child	Pioneer Cooking and Homemaking Pioneer Cooking and Homemaking
Old Oregon Trail Map		Reference
Video — Story of the Oregon Trail		Oregon Trail info.

The above books, videos, and maps and others can be found at our bookstore on the web or the Wailatpu Mission Museum. It would be helpful to have these items on hand for reference purposes. Many of the books can be read by your students and will provide ideas for them to write their own legends and pioneer stories.

An order form may be obtained by calling (509) 522-6357 or writing:

Whitman Mission National Historic Site
328 Whitman Mission Road
Walla Walla, WA 99362

Audio-visuals Available For Loan to School Groups

VHS VIDEO CASSETTE

THE WHITMAN SAGA

10 minutes. VHS. The introductory slide presentation shown at the park. Tells the history of the mission, the Whitmans, and the Cayuse.

ECHOES OF THE PAST

20 minutes. VHS. Documents Nez Perce culture, past and present.

LAST SALMON FEAST OF CELILO

17 minutes. 16 mm or VHS. This film documents the last Salmon feast held before Celilo Falls was covered by water backed up by The Dalles Dam.

PORTRAIT OF A PEOPLE

15 minutes. VHS. Official park film of the Nez Perce National Historical Park.

NOMADIC INDIANS OF THE WEST

Approx. 60 minutes. VHS. Video telling of the Native Americans of the American West who did not settle in permanent villages, but followed cycles of seasons and food supplies. Covers the Plains, Columbia Plateau, and Great Basin.

NOT JUST STONES AND BONES

18 minutes. VHS. Video by the Confederated Tribes of the Umatilla Indian Reservation teaching of old ways for cultural and archaeological resources training.

MORE THAN BOWS AND ARROWS

60 minutes. VHS. Documents the contributions of the American Indians to the development of the United States and Canada.

LEWIS & CLARK: THE JOURNEY OF THE CORPS OF DISCOVERY

Approx. 240 minutes. VHS (2 video tapes). PBS film by Ken Burns. The video tells the remarkable story of the entire Corps of Discovery - not just the two famous Captains, but the young army men, French-Canadian boatmen, Clark's African-American slave, and the Shoshone woman named Sacagawea, who brought along her infant son. Excellent documentary!

JOURNALS OF LEWIS & CLARK

27 minutes. VHS. This film tells the story of the Lewis & Clark expedition which began near St. Louis in 1804 and follows them until they reach the Pacific Ocean in 1805. An excellent movie for groups studying Northwest History.

THE STORY OF THE OREGON TRAIL

Approx. 60 minutes. VHS. Chronicles the great 1840's trek across the American West. Rare photos, diary excerpts, and stunning footage tell a fascinating story of tragedy and triumph.

THE OREGON TRAIL

32 minutes. VHS. Video describing what people saw as they crossed the most famous trail.

(on the same video as The Pony Express listed below).

THE PONY EXPRESS

16 minutes. VHS. The story about the Pony Express. (on the same video as The Oregon Trail listed above).

THE GREAT AMERICAN WEST

40 minutes. VHS. Narrator Jason Robards chronicles the major events that contributed to the settlement of the West from 1803 to 1890.

TOWARD A DISTANT LAND

VHS. Explore the pioneer odyssey at the National Historic Oregon Trail Interpretive Center - Baker City, Oregon.

LANDMARKS OF THE OLD OREGON COUNTRY

Approx. 58 minutes. VHS. Landmarks that pioneers would see on their westward journey.

THE TRAIL TO OREGON

50 minutes. VHS. See the ruts, the terrain, and the landmarks as if you were traveling west during the 1840's and 1850's. Recipient of the 1990 "Yammy Award".

** In order to request videos and films, please write or call:

Whitman Mission National Historic Site
328 Whitman Mission Road
Walla Walla, WA 99362

(509) 522-6357

Oregon Trail Organizations and Agencies

IDAHO—OREGON—WASHINGTON

IDAHO

Idaho Department of Commerce
700 W. State Street
Boise, Idaho 83720
(208) 334-2470
1-800-842-5858

Millner Interpretive Site
Bureau of Land Management
Burley Field Office
15 East 200 South
Burley, Idaho 83318
(208) 678-5514

Three Island Crossing Parks
P.O. Box 609
Glens Ferry, Idaho 83623
(208) 366-2394

Old Fort Boise Replica
Parma, Idaho 83660
(208) 722-7608

Idaho State Historical Society
210 Main
Boise, Idaho 83702
(208) 334-3890

Massacre Rocks State Park
HC76, Box 1000
3592 N. Park Lane American Falls,
Idaho 83211
(208) 548-2672
(208) 548-2472

Fort Hall Replica
Location:
Alvord Loop (In Ross Park)
Pocatello, Idaho
Mailing Address:
Fort Hall Replica Commission
City of Pocatello Parks and Recreation
Department
922 N. 7th Ave.
Pocatello, Idaho 83201
During open hours: (208) 234-1795
During other times: (208) 234-6237

WASHINGTON
Washington State Historical Society
1911 Pacific Ave.
Tacoma, Washington 98402
(253) 272-3500

Ezra Meeker Mansion
P.O. Box 103
312 Spring Street
Puyallup, Washington 98371
(253) 848-1770

Fort Vancouver National Historic Site
612 East Reserve Street
Vancouver, Washington 98661
(360) 696-7655

Whitman Mission National Historic Site
328 Whitman Mission Road
Walla Walla, Washington 99362
(509) 522-6360

OREGON
Oregon Tourism Commission
775 Summer Street N.E.
Salem, Oregon 97310
1-800-547-7842

Oregon Historical Society
1200 S.W. Park Avenue
Portland, Oregon 97205
503-222-1741

Four Mile Canyon Interpretive Site
P.O. Box 2965
Portland, Oregon 97208
(503) 280-7001

Alkali Springs Interpretive Site
Bureau of Land Management
Vale District 100 Oregon St.
Vale, OR 97918
(541) 473-3144

Birch Creek Interpretive Site
Bureau of Land Management
Vale District
100 Oregon St.
Vale, OR 97918
(541) 473-3144

Keeney Pass Interpretive Wayside
Bureau of Land Management
Vale District
100 Oregon St.
Vale, OR 97918
(541) 473-3144

Echo Meadows Interpretive Site
Bureau of Land Management
Baker Resource Area
3165 10th St.
Baker City, OR 97814
(541) 523-1353

McLoughlin House
National Historic Site
713 Center Street
Oregon City, Oregon 97045
(503) 656-5146

End of the Oregon Trail Interpretive
Center
1726 Washington St.
Oregon City, Oregon 97045
(503) 657-9336

National Historic Oregon Trail
Interpretive Center
Flagstaff Hill
Baker City, Oregon
(541) 523-1843

John Day River Crossing
Interpretive Site
P.O. Box 2965
Portland, Oregon 97208
(503) 280-7001

Barlow Road
Bear Springs Work Station
Barlow Ranger District
73558 Highway 216
Maupin, Oregon 97037
(541) 328-6211

Columbia River Gorge National Scenic
Area
902 Wasco Avenue
Waucoma Center, Oregon 97031
(541) 386-2333

Emigrant Springs State Park
P.O. Box 85

65086 Old Oregon Trail
Meacham, Oregon 97859
(541) 983-2277

Deschutes River State Park
89600 Biggs-Rufus Highway
Wasco, Oregon 97065
(541) 739-2322

Farewell Bend State Park
Star Route
Huntington, Oregon 97907
(541) 869-2365

Blue Mountain Crossing Interpretive
Center
La Grande Ranger District
3502 Highway 30
La Grande, Oregon 97850
(541) 963-7186

Tamastslikt Cultural Institute
P.O. Box 638
Pendleton, Oregon 97801
(541) 276-3873

Columbia Gorge Discovery Center
P.O. Box 342
The Dalles, Oregon 97058
(541) 296-8600

End of Resource Education Guide