

Recipe – Category: Culinary artists

Sagamité Watso

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Ingredients:

- 2 cups beans: white, red, pink, pinto, cowpea, flageolet, small red, black turtle, romano
- 1/2 cup yellow hominy corn
- 1/2 cup white hominy corn
- Carrot
- 3 celery stalks
- Onion
- Soup bone
- 1 lb certified farmed red deer ground meat
- 1 tbsp sage
- 1 tbsp basil
- Salt and pepper to taste
- Butter

Directions:

- Soak the bean mixture for 24 hours.
- Rinse and set aside.
- Brown the ground meat with onion.
- In a pot, sauté the coarsely chopped celery and carrots with the butter.
- Add 4 litres of water and bring to a boil.
- Add all the ingredients, lower the heat and simmer for 2 hours.

Serve with bannock and a good cup of black tea.