



# LEWIS AND CLARK CORP OF DISCOVERY RECIPES!

Here's a selection of recipes from The Food Journal of Lewis & Clark. All recipes are © 2003 by Mary Gunderson, History Cooks® 2003 ISBN 0-9720391-0-4

*“Those people are friendly gave us to eate fish Beries, nuts bread of roots & Drid beries and we Call this the friendly Village. . . .”*  
—Clark, 29 October 1805

Quote from *The Journals of the Lewis & Clark Expedition*, 13 volumes. Edited by Gary Moulton. Lincoln: University of Nebraska Press. Used by permission and reprinted as Clark wrote it.

## Hazelnut-Cornmeal Pancakes

Members of the Expedition carried cornmeal with them from the Mandan-Hidatsa Villages in the spring of 1805. By the time they reached this village on the Columbia, their stores of prairie foods were gone and they relied on such foods as camas roots, berries and hazelnuts. Let this recipe illustrate combining the best of the Great Plains with one of the Northwest's delicacies: the hazelnut.

1/2 cup chopped hazelnuts  
1 1/2 cups stone-ground cornmeal (see Note)  
1 teaspoon baking soda  
1/2 teaspoon salt  
2 tablespoons vegetable oil or other fat  
Vegetable oil, for frying  
Berry syrup, butter, honey, or sugar, for serving

Place the hazelnuts on a baking sheet and place it about 4 inches from preheated oven broiler. Turn off the heat. Leave the nuts in the oven for 2 minutes, or until they've turned golden brown. Remove at once. Set aside.

Combine the cornmeal, baking soda, and salt. Stir in 1 cup of water and 2 tablespoons of oil all at once just until batter is moistened. Let stand at room temperature for about 10 minutes. Stir in the nuts.

Heat a heavy griddle over medium-high heat. Brush with 1 teaspoon oil. Reduce the heat to medium. Pour the batter by the tablespoon onto the hot griddle, cooking 4 to 6 pancakes at a time. Cook until bubbly and drying around the edges, 1 to 1 1/2 minutes. Turn and cook another 1 to 1 1/2 minutes, or until golden brown. Remove to a warm platter and repeat with remaining batter. Serve immediately with berry syrup, butter, honey, or sugar as desired.

Makes 2 to 2 1/2 dozen 3- to 4-inch pancakes.

Note: For a more tender pancake, replace 1/2 cup of the cornmeal with 1/2 cup whole wheat flour, add 1 egg, and reduce the oil to 1 tablespoon.

3 Deer & an Elk Killed to day.  
This being my birth day I  
order'd a Saddle of fat  
Vennison, an Elk fleece & a  
Bevertail to be cooked and a  
Desert of Cheries, Plumbs,  
Raspberries, Currents and  
grapes of a Supr. quality."

—Clark, 1 August 1804,  
William Clark's Birthday  
(From *The Journals of the  
Lewis & Clark Expedition 3:  
505*, edited by Gary Moulton,  
University of Nebraska Press,  
1978-2001: Lincoln,  
Nebraska.)

"Those people gave us to  
eate bread made of Corn &  
Beens, also Corn & Beans  
boild. a large Been [of] which  
they rob the mice of the  
Prarie which is rich & verry  
nurrishing also  
[s]quashes &c."  
—Clark, 11 October 1804

Clark's entry probably  
describes the industrious  
bean mouse or vole, who  
stockpiled the hogpeanut  
(*Amphicarpaea bracteata*) in  
quantities of up to one pint in  
a single place. When women  
of Great Plains and prairie  
tribes collected the  
hogpeanut, they usually left  
dried corn or other food in  
exchange.

## William Clark's Birthday Fruit Salad

Celebrations and rewards punctuated the grueling physical effort of the Expedition. In 1804, Clark noted both captains birthdays in the Journals. Clark was thirty-four and Lewis, thirty. The next year, Clark doesn't mention his birthday in the 1 August 1805 entry. Lewis wrote one of the longest introspective commentaries found in the journals on his 18 August 1805 birthday, lamenting time "spent in indolence" and resolves, "in the future to live for mankind as I have heretofore lived for myself."

2 cups fresh grapes (red, green, black or a combination), halved  
1 cup pitted cherries, fresh or frozen  
1 cup raspberries, fresh or frozen  
1 cup fresh plums, quartered and pitted  
1/2 cup fresh currants or blueberries  
1/3 cup whisky or brandy  
Ice cream, pound cake, or shortcake, for serving

Mix together the grapes, cherries, raspberries, plums, and currants. Toss lightly with the whisky. Chill in the refrigerator for about 1 hour. Serve alone or over ice cream, pound cake, or shortcake.

Makes 8 to 10 servings.

**Note:** Any combination of summer fruits works in this recipe. Use approximately 5 1/2 cups fruit.

## Corn with Sunflower and Black Beans

Expedition members carried one thousand pounds of hominy—lye-soaked, dried corn—in their initial provisions. During the winter of 1804 to 1805, they traded for more hominy, as well as parched corn, sunflower seeds, and squash raised by the Mandan and Hidatsa women, who were expert gardeners.

1 tablespoon butter or your fat of choice  
2 cups fresh, frozen, or canned whole kernel corn  
1 cup cooked black beans, rinsed and drained  
Freshly ground black pepper to taste  
1/2 cup shelled sunflower seeds (see Note)  
Salt (optional)

Heat the butter in a large skillet. Stir in the corn, beans, and 1/4 cup of water. Add pepper. Cover and cook about 10 minutes. Stir in the sunflower seeds and add salt if desired. Serve immediately.

Makes 6 to 7 servings.

Note: If using unsalted seeds, add salt to taste.

“Great quantities of a kind of berry resembling a Current except double the Sise and grows on a bush like a Privey, and the Size of a Damsen deliciously flavoured & makes delitefull Tarts, this froot is now ripe.”

—Clark, 24 August 1804

(From *The Journals of the Lewis & Clark Expedition 3: 505*, edited by Gary Moulton, University of Nebraska Press, 1978-2001: Lincoln, Nebraska.)

## Plum Tart

The travelers had been picking wild fruit since late May, but this is the first mention of making pastry. Clark compared the buffalo berry to plums he knew from the East: the privet (*Ligustrum vulgare*) and the damson (*Prunus domestica insititia*).

1 cup all-purpose flour  
1/4 cup whole wheat flour  
1/2 teaspoon salt  
1/4 cup lard or vegetable shortening  
4 tablespoons butter  
2 to 3 tablespoons cold water

### Filling:

1 1/2 to 2 pounds ripe fresh plums, pitted and sliced (see Note)  
1/3 cup unbleached all-purpose flour  
1/3 to 1/2 cup sugar

To make the pastry, combine the flours and salt in a medium mixing bowl. Cut in the lard and 3 tablespoons of butter with 2 knives or with a pastry blender until the mixture is the size of shelled peas. Add the water, 1 tablespoon at a time, and stir until the pastry holds together. Chill about 20 minutes. Roll out the pastry to a 10-inch circle on a lightly floured surface. Carefully transfer the pastry circle to an ungreased baking sheet.

To make the filling, toss the plums gently with the flour and sugar in a large bowl. Arrange the plums over the pastry, leaving 1/2 inch pastry around the edge. Fold the pastry in 1/2 inch. Dot the plums with 1 tablespoon of butter.

Bake in a 375°F oven for 40 to 45 minutes, or until the plums are tender. Cool for at least 15 minutes before serving.

Makes 6 to 8 servings.

*Note:* Very ripe plums will be sweeter and juicier and will make the texture of the tart softer.



*M. Jensen Photography;  
Food styling by Lisa Golden  
Schroeder*

## Buffalo, Turnip, and Berry Ragout

Lewis’s mention of ragouts and truffles morella reminds us that thoughts of home and familiar surroundings and food did cross the travelers’ minds. Or Lewis may have wished to return with something new for President Jefferson and other epicures.

Prairie turnips are not available commercially. This recipe substitutes the common turnip.

1 pound buffalo stew meat, cut into 1 1/2-inch cubes  
1/3 cup stone-ground cornmeal  
1 to 1 1/2 teaspoons salt  
1/2 teaspoon freshly ground black pepper  
1 to 3 tablespoons vegetable oil or other fat

3 to 4 turnips, peeled and cut into eighths  
1 medium onion, peeled and quartered  
1/2 cup dried blueberries

Toss the buffalo cubes in a mixture of cornmeal, salt, and pepper. Heat 1 tablespoon of

8 May 1805, Lewis—  
“The white apple appears to me to be a tastless insipid food of itself tho’ I have no doubt but it is a very healthy and moderately nutritious

food. I have no doubt but our epicures would admire this root very much, it would serve them in their ragouts and gravies in stead of the truffles morella.”

NOTE: Original journal entries, used by permission from *The Journals of the Lewis and Clark Expedition*,



Jerusalem artichoke  
(*Helianthus tuberosus*)

9 April 1805, Lewis—  
“when we halted for dinner [Sacagawea]busied herself in serching for the wild artichokes. . . this operation she performed by penetrating the earth with a sharp stick about some small collections of drift wood. her labour soon proved successful, and she procurrd a good quantity of these roots.”

NOTE: Original journal entries, used by permission from *The Journals of the Lewis and Clark Expedition*,

oil in a heavy 3-quart Dutch oven over medium-high heat. Add the buffalo and brown well on all sides, stirring often, for 5 to 7 minutes, adding additional oil if needed. Reduce the heat to medium if browning too fast. Stir in 2 cups of water, the turnips, onions, and blueberries. Bring to a boil. Cover and turn the heat to low. Simmer for 1 to 1 1/2 hours, stirring and basting regularly. Serve immediately.

Makes 4 to 5 servings.

## Roasted Jerusalem Artichokes

A sunflower family member, Jerusalem artichoke (*Helianthus tuberosus*), still grows easily in the Great Plains. In supermarkets, the root is featured as a specialty vegetable, sometimes called sunchoke.

8 to 10 Jerusalem artichokes (about 1 pound)  
1 tablespoon suet, lard, or butter  
1/3 cup unsalted sunflower seeds  
Salt (optional)  
1/4 teaspoon freshly ground black pepper

Scrub the Jerusalem artichokes and thinly peel. Slice in half and arrange on a 12-inch square of aluminum foil. Dot with suet and sprinkle with salt and pepper. Bring opposite sites of the foil together and seal the seam. Fold in the ends. Grill over medium coals or bake in 400°F oven for about 50 minutes, or until tender.

Makes 3 to 4 servings.

Note: If using unsalted seeds, add salt to taste.



## Summer Berry Cobbler

On July 3 in Atchison, Kansas, the diners' finale for the gala "Taste of the Trail" dinner was Summer Berry Cobbler, part of a Lewis & Clark-inspired menu.

*6 cups fresh or frozen blueberries, raspberries, and/or blackberries*  
*1 cup sugar*  
*1 ½ cups all-purpose flour*  
*½ cup butter*  
*½ cup whole wheat flour*  
*1 ½ teaspoons baking powder*  
*¼ teaspoon nutmeg*  
*1 egg, beaten*  
*2 to 3 tablespoons milk or water*  
*2 tablespoons pearl or coarse turbinado sugar*

Summer Berry Cobbler is adapted from a Berry Pudding recipe in The Food Journal. Members of the Expedition ate berries all during their travels. Indian tribes both ate berries raw and cooked them into puddings.

*Butter a 8x8-inch glass baking dish. In baking dish, toss together berries, ¼ cup sugar and ½ cup all-purpose flour. Set aside.*

*In large bowl, combine ½ cup butter, remaining 1 cup all-purpose flour, whole wheat flour, remaining ¼ cup sugar, baking powder, salt and nutmeg. Mix with pastry blender or two knives until mixture is the size of peas. Lightly stir in egg and 2 tablespoons milk, mixing just until combined. If mixture seems dry, gently add remaining tablespoon milk. Over-stirring makes the cobbler tough.*

*Spoon batter over berries. Sprinkle with pearl sugar. Place in 400° oven and bake 35-40 minutes or until fruit is hot and bubbly and cobbler is golden brown and a wooden pick inserted in center of batter comes clean.*

*Serve with vanilla ice cream or fresh whipped cream, if desired.*

*Makes 6 to 8 servings.*

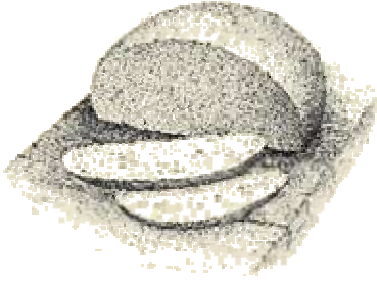
## Everyday Hominy with Bacon

Canned, cooked hominy is a modern convenience in this version of the Expedition rations of "lyed corn and greece." Noted cookbook author Edna Lewis has written that cooked hominy reminds her of small dumplings.

1 can (14 1/2 ounces) yellow hominy  
1 can (14 1/2 ounces) white hominy  
1/4 pound bacon, chopped  
1 medium onion, peeled and chopped  
1/4 teaspoon freshly ground pepper

Drain the hominy and rinse well under cool water. Set aside. Cook the bacon over medium heat until almost crisp, 5 to 7 minutes. If desired, remove all but 1 tablespoon of the bacon fat. Stir in the onion and cook over medium heat for about 4 minutes, or until the onion is softened. Stir in the hominy, 1/4 cup of water, and the pepper. Cook over medium heat for about 10 minutes, or until the hominy is cooked through and the flavors are blended. Serve immediately.

Makes about 8 servings.



"A fair morning river rose 14  
Inch last night, the men find  
numbers of Bee Trees, & take  
great quantities of honey...."

—Clark, 25 March 1804 <P  
(From *The Journals of the Lewis  
& Clark Expedition 3: 505*,  
edited by Gary Moulton,  
University of Nebraska Press,  
1978-2001: Lincoln, Nebraska.)

## Honey-Black Walnut Bread

At Wheeling, Virginia (now West Virginia), Lewis looked forward to freshly baked bread. He had directed an unnamed corporal to trade flour with a woman who would bake ninety pounds of bread for them. The corporal and the baker had a disagreement at delivery. The corporal returned to the boats without the bread—and to a displeased Lewis. After a reprimand, Lewis gave him a dollar and told him to go back and get the bread and “pay the woman for her trouble.”

2 cups boiling water  
1/2 cup cracked wheat  
3 1/2 cups all-purpose flour  
2 cups whole wheat flour  
4 1/2 teaspoons active dry yeast  
2 teaspoons salt  
1/2 cup warm water (120°F)  
1/4 cup honey  
3 tablespoons melted butter  
1/2 cup chopped black or English walnuts

Pour boiling water over the cracked wheat in a small bowl. Let stand for 20 minutes.

Combine 2 cups of the all-purpose flour, the whole wheat flour, yeast, and salt in a large mixer bowl. Stir in the softened cracked wheat with the soaking water, 1/2 cup warm water, honey, and melted butter. Mix on low speed for 1 minute. Increase the speed to medium and mix for 2 to 3 minutes. Using the mixer or stirring by hand, add 1 cup all-purpose flour and walnuts, mixing until smooth.

Turn the dough out onto a lightly floured board. Add as much remaining all-purpose flour, 1/4 to 1/2 cup, as needed to leave the dough not sticky. Knead for about 5 minutes, or until the dough is smooth to the touch.

Cover with a clean towel and set in a warm place (75° to 80°F) and let the dough rise 50 to 60 minutes, or until doubled in size. Turn the dough out and shape into 2 loaves.

Place in well-greased 8 x 4- or 9 x 5-inch bread pans. Let rise another 45 to 50 minutes, or until doubled. Bake in a 375°F oven for 30 to 40 minutes, or until the loaves are lightly browned and sound hollow when thumped.

Makes 2 loaves.