



Cooking *pishofa*, especially in large quantities for Chickasaw meetings, took a lot of time, patience, and attention. Chickasaw citizen Irene Seeley minds the *pishofa* during a gathering at Seeley Chapel near Connerville, Oklahoma.

Even though my grandmother bought fresh vegetables from local farmers, she still had a garden. There's something special about eating fresh vegetables from your own garden. They just seem to taste better, even though I'm sure a lot of it has to do with the amount of sweat that goes into maintaining a garden.

My favorite food in this cookbook is *pishofa*. The recipe is so simple, yet it provides so many nutrients. It's no wonder that *Tashpishofa'* has remained a Chickasaw staple over the years. We simply filled a large kettle with water and added the *tanchi'* (corn.) As the fire boiled the mixture, you had to keep stirring the pot or the ingredients would burn. When the corn was about half cooked, usually four hours or so, we would add the freshly butchered pork. That was delicious.

The recipe for *Tohi' Shayofa'* (Wilted Lettuce) is another favorite of mine. I loved the way the bacon smelled when it was cooking. When it was done cooking, we removed the bacon, crumbled it up, and put it on the *tohi'*, along with radishes and green onions. We heated the leftover bacon grease and added some vinegar, then poured that mixture over everything. Some people might think using bacon grease or lard isn't a good idea. While there might be healthier alternatives, bacon grease and lard make a world of difference when it comes to taste. When an aunt in my family used lard to make her cornbread, it gave the dish a whole different flavor. That was the best cornbread I ever ate.

I can remember making *Tohi' Hawashko'* (Sauerkraut) with my family. We would cut up the cabbage and pour salt on it. The salt helped the cabbage wilt and prepared it for storage. Then we put the cabbage into jars with canning salt and boiling water, and sealed the jars. (Be sure the jars aren't cold when you add the boiling water or you might have a mess on your hands.)

I hope you enjoy the recipes in this *Osaaposhi'* chapter. Garden vegetables are so good for you, and the act of planting and harvesting vegetables is a great way for families to spend time together. Hopefully some readers will even be motivated to plant gardens of their own.

— JE

## Language Lesson

*Tashpishofa' shokha' nipi' ishibaani.*

"Put pork meat in the pishofa."

*Nittak tochchi'nakma tanchaat hawashkotakma ishpa'hi biyyi'ka.*

"After about three days, when the corn sours, you can eat it."

*Tafola shookala' ishibaana'ka.*

"You can put sugar in 'Tom Fuller.'"

*Bala' okchamali' chompala'chi.*

"I'm going to buy green beans."



JoAnn Ellis' grandchildren: Back row, left to right, Jayson Ellis, Alexis Walker, Christian Ellis, Dylan Walker. Front row, left to right, Jarrett Ellis, Jayden Ellis, and Hailey Ellis.



This is one of my  
favorite salads.

— JoAnn

### Tohi' Shayofa' — Wilted lettuce

Clean about 1 pound of garden lettuce and shake off as much water as possible. Place in a salad bowl. Mix together about 3 Tablespoons hot bacon grease, 2 Tablespoons vinegar, and 1 teaspoon salt; heat together and pour over the lettuce. Sliced radishes and green onions may be added to lettuce before wilting, if desired. Serve immediately.

### Tohi' Shayofa'

Nannokchamali' chifallichā bashli.  
Amposhi' hofobi' ani. Nipi' oshoboli' nona'  
micha atofalla'a' okchamali' ibaani. Oka'  
wasacha' niha pallichī tahlīkma onashaachi  
nannokchamali'.



## Tanchalhposha' — Parched Corn



This is for winter use. Cook any amounts for the family. It can be cooked together with singed, cleaned squirrel and a little drippings, salt pork, or seasoned with meat drippings. The fresh corn can be made by boiling it on the cob, or cut and dry as parched.

Dig a pit about 4 feet long and about a foot wide. Build a fire and burn till half full of coals. Take any amount of roasting ears, shucked, and put a long iron on top of the pit and lay the corn on it; watch and turn over till the corn is done. Shell it or cut from the cob, and dry it out in hot sun.

## Tashpishofa'

3 pounds pishofa corn  
6 gallons water  
6 lbs. fresh pork



It is best to cook pishofa in a large wash pot. Bring water to brisk boil over steady fire; add corn and let fire burn slowly; keeping fire all around pot. Stir constantly with a long wooden spoon to keep from scorching. When corn is about half done (not completely soft), add meat cut in 3-inch chunks. Cook until meat is tender and soup is thick. Add no salt while cooking. Each individual salts to his or her own taste when served.



### Crockpot Pishofa:

2 cups pishofa corn  
Water  
2 pounds pork cut into  
1-inch pieces

Cover corn and pork with water and cook on medium setting until about half done (2-3 hours). Turn to low setting and continue to cook overnight. Salt to taste.

Six of JoAnn Ellis' grandchildren are pictured here. Back row, left to right, Nacobi Walker, JoAnn Ellis, and Alexis Walker. Front row, left to right, Jayson Ellis, Jarrett Ellis, Dylan Walker, and Hailey Ellis.

Nothing says "Chickasaw"  
like a pot of pishofa.  
- JoAnn

