

Traditional Miami Corn Cooking Party
Jan 3, 2006
At Baldwin's House in Liberty, Indiana

Dani Tippman, Karen Baldwin (cooks)

Daryl Baldwin, Mike Gonella (helpers, recorders; Daryl video-recorder).

George & Tamise Ironstrack, Baldwin kids, Wesley Leonard, Gabe, Grey & Mary
Tippman (visitors-eaters)

Dishes Prepared:

Corn and Walnut Soup:

This recipe is from Aunt Katherine, Mary Strack's sister, who makes this for most family gatherings. She uses cracked corn (purchased by Baldwin's in OK) not treated with lye, black walnuts from Mary Strack's land in Columbia, Indiana, and corn cracked with an anvil and hammer by Dani (we all agreed it had a stronger, almost citrus-like taste to it, compared with English Walnuts). The corn is then boiled and walnuts added later and boiled. Eaten with butter and salt. Everyone at this cooking party said they were very good tasting, and filling. This recipe is called 'soup' but more like stew in thickness. Dani said this is called soup, and hominy dishes are called 'hominy', even though they are very soupy. It's called hominy if you use lye-treated corn in it. Dani usually uses frozen corn.

Hominy

We tried preparing Miami White Corn two ways:

- a) with lye (about 2T) + heat with corn (about 1) (Mary Strack says this best)
This worked well with both cracked and whole corn, turning white kernels immediately yellow
- b) with lye with no heat—sitting on counter (Jim Strack says this best)—this did the trick too, but took longer. could be achieved by sitting overnight in lye
- c) both (a) and (b) involved treating with lye, then lye/water poured off and rinsed while being rubbed to remove hulls. The first time it wasn't quite ready and needed more cooking, so added more lye and did again. then most hulls were coming off—could tell by gelatinous goop on the bottom of the strainer.

Cooking Miami White Corn:

- a) boiled again in new water to cook corn. drained, new water and boiled again. all three boilings to remove lye (caustic soda)
- b) last boiling—swollen corn left in water and eaten like this, usually plain or with butter and salt. Dani—nothing usually added to it, no vegetables or meat, just eaten as plain hominy (I guess like canned corn is eaten), in water—but not called soup.
- c) had good taste, retaining corn-like flavor.

Parched Corn

Place Miami White Corn in a hot skillet (cast iron) and heat, turning almost constantly for quite a while until browned on outside and kernels dancing (not popping though). When the kernels are just about done, add sugar and parch them a bit more. Kernels should have a good, popcorn-like flavor when finished.

Corn & Meat Soup

We boiled cracked corn (from Baldwin's, same as walnut soup) until cooked and added hambones for flavor. It had a good, salty, pork-fat taste.

Terms

mahtohkaham – cracked corn (is this correct, not sure after discussion)

mahtohkatwi – hominy (the prepared dish)

mahtohkatoopowi – hominy soup

noolintia – hominy corn

kitasaakani – parched corn