



SOAPROOT BULBS

In all the fields and hillsides there is an abundance of wild onion or soap-root (amole), the size of our onion, with a long, round head. Batches of these are covered with earth, a fire is kept burning over them three or four days and when they are well done they are taken out and eaten, and are as sweet and tasty as jam. Another variety of this plant is not eaten, for it is not sweet, but it serves as soap, making a lather and taking out spots the

same as soap of Castile.

Francisco Palou, priest
at the San Francisco
mission, 1776.

*Del otro lado del arroyo
encontramos una bonita
ranchería de gentiles..y nos
dieron diferentes bateas de
unas como sebollitas
tatemadas, que gusté, y
tenían un agridulce mui
sabroso..Nos quadraron mucho
esta gentilidad; y parecen
unos españoles.*

*We met with a fine little
village at the other side
of the stream...they gave
us several bowls full of
sort of barbecued small
onions, which I tasted and*

Barbecued Soaproot Bulbs

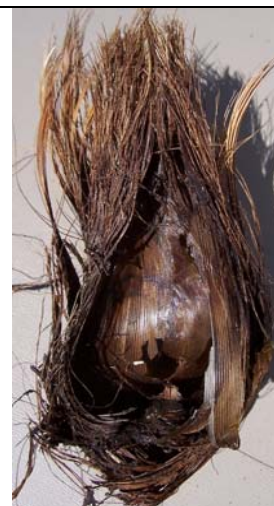
Gather soaproot bulbs. Leave the
husks on.

Cover with dirt.

Build a fire over them; keep it
going for three or four days.
Remove the fire, dirt and husks.
The soaproot will be sweet, tender
and ready to eat.

found to have a very agreeable sweet-sour flavor...We were greatly pleased with this heathen folk; they are just like so many Spaniards.

Father Crespí, Spanish Priest traveling through the East Bay in 1772



Every day, my ancestors would pound acorns to make into a hot mush to eat. I do this once a year

ACORNS and MOONS

Throughout the year the people held various feasts, festivals and religious dances, many of them tied to the biological rhythms of the oak trees. Time itself was measured by the oaks. The acorn harvest marked the beginning of the new year. Winter was spoken of as so many

*at the Ohlone
gathering.*

*- Ruth Orta,
Ohlone
descendant*

*months (moons) after the acorn
harvest, summer as so many months
before the next acorn harvest. The
rhythm of the oak trees marked the
passage of the year and defined the
rhythms of Ohlone life.*

*from The Ohlone Way
by Malcolm Margolin*

*They have acorns,
too, that they
grind and make
into their
porridge or
balls.*

*Father Palou,
S.F. Mission,
1776*

*The whole of this cookery consists
in roasting the grain before it is
cooked. As the Indian women have
no clay or metallic vessels for
this operation, they use baskets
into which they put small burning
coals. They turn these vessels
with such dexterity that they
succeed in causing the grain to
swell and burst without burning
the basket. (We can affirm that
our best coffee is far from being
roasted with equal skill.)*

*It is distributed to them every
morning, and the slightest*

ACORN MUSH

Pick tan oak acorns in late October or early November.

Discard acorns with wormholes.

Put acorns in containers and set next to heat.

After two weeks, crack open and remove meat.

Let dry until reddish fibers fall off.

Remove fibers and let meat dry.

Grind or pound into flour.

Cover a sieve with cloth and put flour over the cloth.

Fill a sieve twice with lukewarm water and strain.

Cover flour with cold water and soak for two days, stirring often.

When the flour is no longer bitter or water-soaked, the flour is ready

To cook, put flour in boiling water and let boil until desired thickness or cook with black rocks in a tightly woven basket as the ancestors did.

Wrapped in thick alder leaves, the acorn mush can be baked into bread.

embezzlement is punished by the whip, though it seldom happens that they expose themselves to the danger.

Count Galaud de la Pérouse,
French visitor, writing on
food in the missions, 1786

The Indians...live on the seeds of the wild grasses which it falls to the lot of the women to gather when they are in season. These they grind and make flour for their porridge (atole). Among the seeds they gather is a black variety and from its flour they make a sort of dumpling, ball-shaped and the size of an orange, which are very rich and savory, like toasted almonds.... They have acorns, too, that they

CHIA
from an
Ohlone Story

Kaknu, Peregrine Falcon, Hero of the Early People, killed Body of Stone, Lord of the Underworld, making the world safe. Kaknu provided food.

"This is for the People to eat," he

*grind and make into
their porridge or
balls.*

**Francisco Palou, San
Francisco Mission,
1776-7**

*said, throwing it
from his nose. From
then on, there were
patches of chia to
harvest.*

Chia Fresca

Spanish-speaking colonists used a teaspoonful of seeds plus a little sugar and lemon in water to make a refreshing drink. One teaspoonful was said to be sufficient to sustain an individual going on a forced march for twenty-four hours.

Chia Cakes

Gather and roast the seeds.
Grind or pound into flour.
Soak in water and shape into round balls or patties.
Cook and eat.

Fish in the rivers and streams provided the Ohlone with delicious protein. Francisco Palóu enthuses about the fish and meat, 1776:

They also derive sustenance from fish of many kinds, all very healthful, that they catch on the coasts..., and from the various mussels and other shellfish that always abound. They hunt deer, rabbits, geese, ducks, quail, and thrush. When a whale chances to strand on the shore they always make the most of it and celebrate the occasion with a great feast, for they are extremely fond of whale meat, which is all fat and blubber. They cut it in strips, roast it underground and hang it in the trees, and when they want to eat cut off a piece and eat it together with their other foods.

They do likewise with sea-lion, of which they are no less fond than of the whale, for it also is all fat.

Farm Saechow's Noodle Salad

1 package Chinese Rice Noodles
3 tablespoons Italian and Ranch-style bottled dressing, combined
1 tablespoon mayonnaise
1/3 cup peanuts, fried
5 lettuce leaves, torn up
3 Eggs, boiled, 3 without yolks
2 tomatoes, cut in sections

Combine all ingredients. Serve cold.

"They use noodles at home, but no dressing."

Finh Luang's Noodle Salad

Rice noodles, cooked
Hard boiled egg
Peanuts
Cilantro
Cucumber
Lettuce
Lemon, a little
Tamarind powder
Dried red pepper, a little

Combine all ingredients, serve cold.

Nae Sieuw's Noodle Salad

Add tiny bits of cooked and seasoned chicken and small fresh lettuce leaves to cooked warm rice noodles.

Muong's Cabbage and Pork

Pork

Cabbabe

Garlic

Onion

Oil

Pork: Use a cut of like bacon, but thicker. Cut up in small pieces and fry until crunchy.

Cabbage: Slice into small pieces. Cook in oil with 2 garlic cloves and a bit of onion.

Mix pork and cabbage together and serve.

Yien's Dried Mushrooms

Buy a package of dried mushrooms of the Chinese/Laotian/Thai kind.

Soak and wash.

Add salt and oil.

Serve with just rice, or add fish or meat.

Nai Siew, Farm and Ying Fu's
Garden Greens

Pick fresh greens and place aside.

Put into a large pot:

1/4 cu. Chicken fat

2 cloves chopped garlic

salt

couple small whole hot peppers

Cook together until fragrant.

Pour in water, several inches deep.

Put greens into the water, tearing them into smaller pieces as you do so.

Bring to the boil, cook to taste until tender, strain off the water and serve.

Nai Siew's Broccoli Raab, Lai Buah

Oil

Garlic, 2 cloves

Thai chili peppers

Broccoli raab

Salt

Pick fresh broccoli raab with the green flowers left on.

Heat oil well.

Put in pressed garlic.

Add whole hot red or green pepper. Pour a couple of quarts of water in the mixture.

Wait for it to boil.

Drop the fresh-picked broccoli raab into the water.

Add salt to taste.

Boil about 5 minutes. If it's soft, it's ready.

Don't overcook.

Finh's Geen La Meng (Mustard with Yellow Flowers)

Pick young mustard plants with bright yellow flowers left on.

Heat up water.

Drop in the mustard and boil a few minutes.

Boil it again, whenever you want to eat it, adding vegetable oil, salt.

"In Laos we wouldn't have used vegetable oil. We would kill a pig and save the fat, or if we didn't have that, we would just use water. We grow mustard greens because they grow for such a long season."

Yien's Lai Papiú—Seed Pods

(Pod from a variety of mustard with white lavender flowers. The pod is about 3/4ths of an inch long with a pointed tip and tastes somewhat like a radish.)

Wash them and take off the little pointed tip.

Heat oil in a frying pan.

Fry them quickly—about 2 minutes.

Add salt and serve.

Yien's Egg Rolls

Filling

Cabbage, one head

Mushrooms

Rice noodles, a package

Carrot, 2 or 3

Bell Pepper, 2

Salt

Buy wrappers in the store.

Chop ingredients and mix. Scoop filling with wrappers and fold closed. Deep fry, serve hot.

Ying Fu's Chicken—Che Kyie

Chicken legs and thighs

Sugar, salt, flour

Sprinkle the chicken with sugar and salt.

Dredge in rice flour.

Deep fry in 2 inches of oil, 15-20 minutes.

"We make this just the same in Laos."