



INDIGENOUS CHEF SERIES

*I Love  
Native Food*

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2 0 2 2 C O O K B O O K  
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ANDREA MURDOCH • CLAUDIA SERRATO • ROBERT KINNEEN





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A B O U T   A N D R E A

# Murdoch



Chef Andrea Murdoch is an Andean Native born in Caracas Venezuela. Murdoch is using food to trace her own culture while educating the public about the expansive world of Indigenous food systems. After being classically trained as a pastry chef at The Culinary Institute of America, Murdoch started exploring Indigenous flavors and origins independently for her business [Four Directions Cuisine, LLC](#) which launched in Denver, CO November 2017.

The four main pillars of her business are sourcing locally, sourcing Indigenously, education and community work. In Murdoch's interpretation of Indigenous cuisine, she starts cultural conversations and serves up her personal experiences in the form of food.



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# Corn Mother Cakes with Wojapi Sauce

## FOR THE CORN CAKES

Blue OR yellow cornmeal	1 1/4 C
Sea salt	1/2 tsp
Cane sugar	2 tbsp
Non dairy milk	1 C
Baking powder	1/2 tsp
Egg	1 ea

## FOR THE WOJAPI SAUCE

Fresh berry or berry blend	1 lb
Agave syrup	1 tbsp+
Lime juice	2 tsp

## INSTRUCTIONS

Whisk all corn cake ingredients together the night before preparing these for breakfast so that the grain can hydrate properly.

In the morning, taste your berries and evaluate their sweetness. If they are tart, skip the lime juice and add one tablespoon of sweetener (agave, honey, maple syrup) to the fruit in a sauce pot. Simmer over medium heat until the berries soften to the point of falling apart and starts to thicken. Taste again and add sweetener one tablespoon at a time until desired sweetness.

*Tip: Honey and maple syrup have more pronounced flavors than agave and the sweetness of fresh vs frozen fruit will vary as well. Taste your fruit, before and during cooking so that you can adjust as need be.*

When you're ready to make the corn cakes, stir the overnight batter well. Heat a 12" non stick pan over medium heat. Coat with pan spray and cook four small corn cakes at a time. These won't puff up quite like regular pancakes so when you notice the tops start to dry out a little, take a peek at the underside for a light amber color. If this color has been achieved it's time to flip them. Repeat until all the batter is gone.

Stack four to six corn cakes onto two plates and top with wojapi sauce. I also enjoy butter or vegan coconut butter, maple syrup and toasted chopped nuts on my stack. Enjoy!

*Tip: If using frozen fruit, place in the refrigerator over night in a container in case of leaking. If you make your own non dairy milk you can substitute that for store bought milk. If the batter seems thick the next morning, add one tablespoon of nut milk at a time to help the consistency.*



A B O U T C L A U D I A

Serrato



Claudia Serrato is an Indigenous culinary anthropologist, a public scholar, a doctoral candidate, and a professor of ethnic studies.

She was born and raised in Los Angeles, California predominantly on a P'urhépecha, Huasteca, and Zacateco diet. At an early age, she began to cook alongside her elders, gaining time-tested food knowledge.

Claudia centered these knowledges in her academic studies, arriving to the conclusion in 2007 that decolonizing the diet was essential to the survival of Indigenous foods and foodways.

This granted her numerous opportunities to present, speak, publish, and facilitate workshops in her community, educational institutions, and conferences gaining national and public recognition.

In addition, since 2014 Claudia has been actively involved in the Native food justice and sovereignty movement and has been cooking alongside prominent Indigenous chefs at cultural food gatherings, summits, and pop-ups throughout Turtle Island (North America).



@xicana\_indigena



# Maple Vinaigrette

# Wild Rice Bloom

**INGREDIENTS**

- ¼ cup extra virgin olive oil
- ¼ cup maple syrup
- 2 tbl. maple vinegar (can substitute with apple cider vinegar)
- 2 tbl. lemon juice
- ¼ tsp. maple sugar
- ½ tsp. salt
- ½ tsp. black pepper

## INSTRUCTIONS

1. Whisk together all ingredients
2. Cover with lid and store in fridge until ready to use.
3. Shake or whisk before serving.
4. Drizzle over food.

**INGREDIENTS**

- 1 cup of wild rice
- 9 cups of water

## INSTRUCTIONS

1. Place wild rice in blender and pulse for 5 seconds, pause, shake, and pulse for another 5 seconds.
2. Place in colander and rinse till water is clear.
3. Place in a bowl or a sprouting jar and cover with a mesh to allow it to air.
4. Add the 3 cups of water
5. Let sit for 24 hours, strain, and add 3 cups of water. Repeat 24 hours later.
6. After 48 hours, strain, and serve.





# Cured Cactus

## INGREDIENTS

1 Cactus pad

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## INSTRUCTIONS

1. Remove cactus spines and rinse
2. Cut lengthwise into strips, then dice and place into colander with plate in bottom.
3. Sprinkle and coat cactus with salt and set aside for 1 hour.
4. Rinse thoroughly and serve.

## INGREDIENTS

- 2 diced tomatoes
- 1 diced avocado
- 1 minced jalapeño
- 1 diced cured cactus pad
- 2 cups of wild rice bloom (you may substitute for cooked wild rice)
- 1 handful of wild, harvest, or gathered greens
- ¼ of maple vinaigrette

## *Raw Wild Rice Bloom and Cured Cactus and Avocado Spicy Salad with Maple Vinaigrette*

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## INSTRUCTIONS

1. Mix wild rice bloom, cured cactus, and tomatoes.
2. Add avocado, jalapeño and wild greens.
3. Serve as a main or side dish.



# A B O U T R O B E R T

# Kinneen



Robert Kinneen was born in Petersburg, Alaska. He is an Alaskan Chef of Tlingit heritage(Alaskan Native)who has been working in restaurants since he was 15 years old. After high school he attended the Culinary Institute of America in Hyde Park, NY.

Post graduation he fine-tuned his skills in all facets of the industry while working at several prestigious restaurants in New Orleans, LA and Durham, NC while staging in NYC, Washington, DC and Chicago. During this time he established his philosophies of sourcing product locally and seasonally.

Returning to Alaska, he maintained the Triple A four diamond ratings in local hotel restaurants with a focus on loyalty to local Alaska aquaculture, farmers, ranchers and artisans. This lead to local, state and national reviews, speaking engagements and representing Alaska in the 2008 Great American Seafood Cookoff in New Orleans, LA. He has contributed to cookbooks Pacific Feast by Jennifer Hahn and Wild Alaskan Seafood by James Fraioli as well as highlighting local foods while cooking with visiting chefs Jacques Pepin, Lidia Bastianich and Steve Raichlin.

Embracing and learning more on traditional foods led to adventures in culture camps from Barrow/Utigavik (muktuk sushi) to Bethel(Smelt with salsa) to Tyonek(foraged beach peas) to Sitka-(rockfish fried rice w/foraged greens). Furthermore cooking in Colorado, Washington, DC and around Alaska promoting wellness and highlighting eating local with speaking engagements and private caterings. Career highlights include being featured on the TODAY show with Al Roker cooking spot shrimp fresh rolls and spruce tip marinated elk skewers highlighting “Alaska Regional Cuisine” and Cooking at a 12 person house party in 2015 for President Barack Obama while he visited the state to witness the effects of climate change. This has been documented in his book, The Fresh Alaska Cookbook.



@rob\_kinneen



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# Black Tepary Beans

## INGREDIENTS

### HOT SOAK

1 lb (16 oz measured )

2 qt water

Sturdy bottom 3 qt pot.

## INSTRUCTIONS

1. Cook on high heat, bring to boil, let cook for 1 minute. Turn off and let sit on stovetop for 40 minutes
2. Add 1 pint of water if needed and check every 30 minutes to make sure there is enough space for the beans to cook submerged.
3. Return beans to heat, bring to boil and drop to simmer. Cook until beans are fleshy but still hold shape-45 minutes, depending on type and size of bean.
4. Remove from heat, let cool and refrigerate until needed to cook with.





# Crispy Bean Cakes

## INGREDIENTS

- 2 cups strained black beans
- 1-2 tsp sage
- 1 egg, preferably duck
- ¼ cup onion
- ¼ cup diced poblano (added)
- Pinch of salt
- Pinch of sumac
- ¼ cup corn flour **\*\*May need more if using canned beans**
- 3 to 4 TBL sunflower oil to pan fry

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## INSTRUCTIONS

1. Dice vegetables and set aside
2. In a food processor blend all ingredients until forms a rough dough.
3. Form into balls using wet hands and coat outside with corn flour .
4. Film a skillet with the oil and set over medium heat. Working in batches, fry the patties until golden brown on each side, about 3 to 5 minutes per side.
5. Transfer to a baking sheet to place in oven at 250 to keep warm.

## INGREDIENTS

2 oz Apple cider  
6 oz sunflower oil  
1 tsp mustard(dry or dijon)  
1tbl maple syrup  
¼ tsp dry herb  
¼ tsp spice or sumac  
Tt S/P

## Apple Vinaigrette

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## INSTRUCTIONS

1. Put all ingredients into a jam jar, cap securely and shake for 30-45 seconds
2. Set aside to use on salad





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