



**Seasonal Eating Demo with Cecelia Brooks
Open Farm Day – May 4th, 2024**

Skijinabon (Wabanaki fry bread)

2 cups flour
2 tablespoons baking powder
1 teaspoon salt
1 1/2 + or - cups water, depending on humidity

Whisk dry ingredients together then add water to make a batter a little thicker than pancake batter. Heat a pan on medium high heat and add a layer of oil and fry the bread by the spoonful until golden on one side and flip and fry the other side till golden.

Vegan Baked Beans

1 pound dry beans soaked overnight
1 med onion roughly chopped
1 teaspoon salt
1/4 cup molasses
1/4 cup maple syrup
1/4 cup sunflower oil
Boiling water to 1 inch from top of the vessel

Drain the beans and add to a 3 liter bean pot or a Dutch oven. Add remaining ingredients and stir to dissolve the syrups. Bake in a low oven 225-250 °F for 6-8 hours. I usually do this overnight for baked beans on Saturday morning.