# **Authentic Native American Pemmican Recipe and History**

Pemmican the famous Pemmican is a traditional food that is native to the northernmost parts of Canada, Alaska, Greenland, and the Northwest Territories. It is a semi-solid form of meat which is boiled or roasted in water and then dried.

Pemmican can be roasted or boiled and then the meat is ground into a powder and distributed as a nutritious breakfast food. Pemmican is a solid in the sense that it does not melt. It is more like a stew, however, and is often eaten with a knife and fork.

The meat used to be a very important part of the diet of the Inuit people.

The Inuit people of Canada use the meat of a moose in their pemmican.

In the United States, the Inuit people of Alaska use a wild seal as their main source of protein.

In 1777, the first Europeans arrived on Alaska's North Slope. The explorers were not very successful. They saw the northern lights, but no one knew where they came from.

The European explorers were unable to reach the Arctic because of fierce storms and lack of food and supplies.

The explorers were also able to see that the Inuit people had great skills in hunting and fishing. In 1778, the first European settlers arrived on the North Slope.

From 1778 to 1878, the Hudson's Bay Company and the Canadian government sent expeditions to explore and settle the land of the Inuit people.

In 1878, the United States began to establish a military base at Sitka. The United States Army stationed nearly 20,000 soldiers to protect the fur trade.

In 1885, the Alaska Company was founded. The company planned to exploit the resources of Alaska, but the company was unable to carry out the plan.

The first settlement was established in Nome in 1885. The company founded Sitka in 1886 and the Russian-American Company was founded in 1892.

In 1892, the United States and Canada signed the Alaska Purchase. The Alaska Purchase gave the United States control of the land in Alaska and the Pacific coast of the United States.

In 1895, the American Government established the Alaska Territory and the territory was organized into five districts.

In 1898, the first telephone system was installed in Alaska.

In 1900, Alaska became the 37th state of the Union.

The people of Alaska were very interested in the development of the railroad and the Alaska Railroad was completed in 1902.

In 1906, Alaska became a territory.

The first census of Alaska was conducted in 1910. The population of Alaska was 2,838,566.

In 1913, Alaska became a state.

On January 5, 1915, Alaska entered the Union as the 49th state of the United States.

In 1930, the first ski run was opened in Alaska.

In 1940, President Franklin Roosevelt signed a law authorizing the Alaska Railroad to build a trans-Alaska line.

In 1960, the Alaska Line was completed and Alaska became the 51st state of the Union.

In 1964, the first nuclear power plant was built in Alaska.

On January 2, 1973, Alaska became the 50th state of the Union.

In 1988, the Alaska Native Claims Settlement Act was passed and Alaska became a federally recognized Native American tribe.

In 1999, the state of Alaska joined the union as the 53rd state of the Union.

In 2004, the state of Alaska joined the union as the 54th state of the Union.

The state of Alaska celebrates its sesquicentennial birthday in 2010.

In 2013, the state of Alaska joined the union as the 55th state of the Union.

# **Native American Pemmican Recipe**

Pemmican is made from the dried meat of a moose. It is usually ground into a powder and is served with a spoon as a nutritious breakfast food.

The process for making Pemmican is similar to that of making moose meat.

#### The Meat

The meat is cut into small pieces and is boiled or roasted in water. The meat is then ground into a powder.

### The Meat Is Ground Into Powder

The meat is first cut into small pieces and is boiled or roasted in water.

After the meat has cooled, it is ground into a powder.

#### The Meat Is Roasted

Next, the meat is placed in a bowl and is covered with an inch of boiling water.

The meat is then left to cool in the boiling water for two to three days.

## The Meat Is Dried

After the meat is left to cool, the meat is placed in a drying kiln.

The dried meat is then removed from the kiln and placed in a large bowl.

#### The Meat Is Smoked

After the meat has cooled, it is placed in an iron frying pan.

The meat begins to smoke.

This is the last stage in the process.

#### The Meat Is Packed

The dried meat is then placed in a large bowl.

The meat can either be pemmican or roasted meat.

Pemmican is a traditional food for Inuit people. It is made from the dried meat of a moose.

Pemmican is a semi-solid form of meat which is boiled or roasted in water and then dried.

It is normally made from the fresh meat of a moose and is usually ground into a powder, but it can be made from either fresh or dried meat.

It is traditionally stored in a bowl and is used as a breakfast food.

The most common way of making Pemmican is through boiling or roasting the meat.

Pemmican can also be made from dried meat.

# **Epilogue**

Pemmican is a traditional food for many Indigenous peoples.

The meat of a moose is one of the most popular foods in northern Canada, Alaska, Greenland, and the Northwest Territories.