



Lewis and Clark Dinner Menu

Appetizers

Grilled chicken wings honey glazed marinated and slow grilled

*Corn Fritters

Gravlax – salt and sugar cured salmon

*Ground sunflower seed “hummus”

*Sunflower seeds

*Filberts lightly toasted

Breads

*Hardtack – unleavened whole wheat baked until very dry

*Corn bread from whole dried corn milled

*Acorn biscuits – drop biscuits with acorn flour added

*Acorn bread – whole wheat and acorn leavened bread

Main course

*Mandan vegetable soup - squash, parched corn and bean soup with cherries

*Cress salad, grated carrot, onion, dried blueberries and walnuts

*Maple walnut vinaigrette

Elk stew

Buffalo Loaf

Corn mush with smoked pork (could be made meatless)

*Baked Corn

*Succotash corn beans

*Jerusalem artichokes (sunflower tuber), roasted

*Applesauce

Dessert

*Dried fruit compote

*Watermelon

Drinks

*Water

*Mulled Cider

*Coffee

*Tea

Items marked * may employ dairy, but are otherwise free of animal products.