Mdamnabo – Corn Soup

Ingredients:

- 2 ears of megwji'gé (roasted corn) cut from the cob
- 1 LG can of Bnegzegen (Hominy) or 1 ½ C cooked bnegzegen (hulled corn).
- 3 C Mdamen (corn kernels) (frozen, fresh, or canned-drained)
- 4 Pen (small/medium potatoes) chopped
- 1 Cup Shegagosh (Ramp) chopped -or-
  1 medium yellow onion chopped and 4 cloves minced garlic
- 1-2 Zawjisés (Carrots) minced
- 2 T Benegen zisbakwtabo (Maple or Apple cider vinegar)
- Waskonédo Bmedé (Sunflower oil)
- 2 L 2 liters of bakakwa (chicken) bgoj bsheke (buffalo), seksi (venison), mshéwé (elk), vegetable, or beef stock.
- Sitagen epé waskek (Salt and pepper)
- Dash of cayenne (optional)
- Green onions, sliced (optional)
- Kekshè (Culinary Ash) (optional)
- Gazhakdék wiyas (Smoked meat) crumbles of your choosing/bacon/smoked fish flakes (Optional)

Instructions:

1. In a soup pot, over medium heat sauté the onion or ramps with 1-2 TBSP sunflower oil. Once it becomes aromatic add the garlic (if not using ramps) and a good pinch of salt and pepper.

2. Add in carrots and cook until tender
3. Add in potatoes and toss/stir together. Increase heat to high and allow the potatoes to brown a bit.
4. Add in the vinegar, scraping and deglazing the bottom of the pot.
5. Pour in 2 L of stock and bring to a boil. Reduce heat and simmer for 20-30 minutes. If you like a brothier soup add more.
6. Add in hominy and roasted corn, continue to simmer.
7. In a food processor fitted with a steel blade, process the remaining corn kernels and 3 TBSP of sunflower oil, until minced and blended. If you do not have a food processor you can use a blender, mortar and pestle, or 3 C of creamed corn. Add to the soup and stir well.
8. Add salt and pepper to taste and a dash of cayenne pepper (optional).
9. Dish up and garnish with green onions, culinary ash, and/or smoked meat crumbles or bacon.