

**Native American Cuisine: Native Ingredients, Native Cooking**  
**Chef Freddie Bitsoie**  
**6/22/19 – 6/23/19**

Materials to Bring:

- Knife (for food prep)
- 1-3 Mixing bowls (glass or stainless steel)
- Whisk
- Wooden Spoon
- Apron
- Towels
- Hair tie

Your lab fee covers:

- All ingredients
- Recipe booklet
- Use of cooking tools and equipment
- Native American producers and cooperatives will supply many of the ingredients.