

NISHDISH CHEF JOHL'S THREE SISTERS STEW

The Three Sisters (corn, beans and squash), have been cultivated together for many thousands of years by Indigenous farmers in the traditional agro-ecology - they provide a complete nutrition for the body and when grown in this way they also nourish the soil!

STEW INGREDIENTS

- 1 butternut squash (or any squash)
- Green beans
- Yellow corn (frozen or canned corn)
- White corn or hominy corn
- 1L veggie broth or stock
- 2-3 sprigs fresh dill
- 1 clove garlic
- Salt & pepper to taste
- Olive oil

EQUIPMENT

- Baking tray/sheet pan
- Deep baking pan
- Measuring cups and spoons
- Large spoon
- Oven mitts or thick towel
- Cutting board knives
- Large pot with covering
- Blender/masher/fork
- Aluminium foil



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INSTRUCTIONS

1. Slice the squash in half, core it, clean out the seeds, take one half and bake it in the oven at 425F for half an hour.
2. Dice the other half of the squash and put it into a baking tray along with corn, chopped up fresh green beans, yellow corn and white corn or hominy corn.
3. Pour in one full container of veggie stock, salt and pepper, 1 crushed and pressed garlic clove and chopped up dill, and a drizzle of olive oil. Bake for 1.5 hours.
4. Meanwhile, take out the other half squash which roasted for half an hour, puree it (when blending, add a bit of water to your preferred thickness) and add to the stew that will continue to bake.
5. After 1.5 hours of baking, season the stew with more salt and pepper to taste. Serve and enjoy!



MEET CHEF JOHL OF NISHDISH!

Chef Johl Whiteduck Ringuette is Anishnawbe and Algonquin, a descendant of Nipissing Nation and from the Mink Clan. He is the proprietor of NishDish Marketeria & Catering, a Native owned and operated catering business specializing in Anishnawbe cuisine since 2005. In April 2017 when NishDish opened its public kitchen restaurant venue, a new record was set as the most attended grand opening of any restaurant in the history of Toronto, which CBC documented, where over 800 people attended the tiny café space for 20 patrons to celebrate.