



# li zhoor di laan New Year's Day



## Aen shinihkatayk

Title:

li zhoor di laan (New Year's Day)

## Wiihtamakayhk kaykwy kaa kishkayhtamihk

Explaining what is being learned/overview:

- Students will learn about traditional Métis foods
- Students will explore Métis specific New Year's celebrations
- Students will create a traditional Métis meal
- Students will share a meal together, with fiddle music and companionship

## Kaykwy chi kii ishpayihk

Curriculum Connections:

### MODULE 15A: SOUPS A (CORE)

Prepare broth and cream soups using convenience and scratch stocks.

(a) Research the types of soups and soup recipes (e.g., tortilla, hot and sour, Three Sisters, borscht, Métis boulette and bisque) from a variety of cultures, including Métis and First Nations.

### MODULE 23A: POTATOES A (CORE)

Apply appropriate methods to cook potatoes.

(f) Use the appropriate cooking method (e.g., boiling, baking, deep frying and sautéing) to prepare a variety of potato dishes such as mashed, whipped, oven roasted, french fries, potato pancakes and hash browns.

### MODULE 23A: QUICK BREADS (CORE)

Create quick breads using muffin, biscuit, and creaming methods.

(g) Create biscuits (e.g., buttermilk, cheddar, herb, bannock and scones)

## Niikaan lii kesyoon

Focus question:

- What can a Métis kitchen party teach us about the importance of food, music, and gathering in Métis culture?

L'aanii d'ikol

Year of school/grade:

Ten

ispray kaa  
piikishkwatamihk

Topic:

Métis Cuisine

Kaykwy kaa  
kishkayhtamihk

What is being learned/subject:

Commercial Cooking

Li taan

Time:

2-60 minute classes

## Gashkihtaan

I can statements:

- I can understand the cultural significance of Métis celebrations.
- I can follow traditional Métis recipes and produce authentic cuisine.
- I can show respect and appreciation when observing and participating in Métis cultural practices, whether I share that heritage or not.
- I can honour the spirit of Métis kitchen parties by being inclusive of my peers.



# li zhoor di laan

## New Year's Day



### Lesson Description

taanishi aen ishi ooshihtaahk

Class One: 60 Minutes

#### Introduction:

- Ask students what they know about Métis celebrations, specifically Métis New Years.
- Explain that one of the ways Métis people traditionally celebrate New Years is with a kitchen party, which is a gathering consisting of companionship, a shared traditional meal, and entertainment (often fiddle music and dancing).
- Review the [two linked articles \(articles on page 3\)](#) discussing kitchen parties that took place in Prince Albert and Bellevue, to gain a better understanding.
- Announce that the class will be making a meal inspired by Métis New Years and having a kitchen party to follow.
- Remind students that when observing traditions from a different culture, whether it is their own heritage or not, they must exercise respect and cultural sensitivity by participating in a thoughtful, appreciative, and appropriate way.

#### Main Procedure:

1. Explain that at these parties, jigging and fiddle music were central, followed by a good meal. For example, at a New Year's Celebration, Métis women would prepare a feast including les beignes (fried bread), la galette (bannock), les boulettes (meatballs), le rababou (stew), and molasses cakes. (this information is informed by a University of Regina Métis Culture and Language Encyclopedia excerpt).

2. Fun fact! It is called a "kitchen party" because traditionally the gathering would occur in someone's kitchen, and household furniture would be moved to the side to make room for music, dancing, and a meal. That is how the tradition became coined. Although today, the gatherings are often more large scale and held in a hall or similar gathering space. (Informed by an MNBC document "Métis Perspectives on Cultural Wellness").

3. Explain that for the class kitchen party, students will prepare a meal consisting of:

- ∞ Bannock & Tea – fried bread with butter or jam, and black tea
- ∞ Tourtiere – meat pie
- ∞ Boulettes – meatball stew

4. Review the recipes in detail (found in appendix 1), so that students are prepared to begin immediately next class.

#### Closing:

5. Assign cooking groups so that every student knows their role.



# Li zhoor di laan New Year's Day



Class Two: 60 Minutes

#### Introduction:

- Remind students of their roles, give them a moment to get situated and prepared.

#### Main Procedures:

1. Students will prepare their courses, within a 40-minute time frame.
2. For the remaining 20 minutes, students will share a meal together. Play the fiddle music during this time.

**Optional:** Kitchen parties sometimes include games! If time allows feel free to provide decks of cards, play a Kahoot, a friendly game of bingo... whatever you'd like.

## Lii zafayr poor chi ooshitaahk ooma

#### Things needed to do this/materials needed:

- Projector
- Kitchen party articles
  - Fiddling and food: table set for Métis Kitchen Party | saskNOW | Saskatchewan | News, Sports, Weather, Obituaries, Classifieds
  - Celebrating Métis culture with annual Kitchen Party - Prince Albert Daily Herald
- Recipes found in **Appendix 1**, inspired from Métis New Year's Kitchen Party | Western Region 2A
- All ingredients as outlines on the recipes found in **Appendix 1**
- Kitchen party music: Blue Mountain Horn

*Note: Please use any fiddle music that speaks to you, this playlist is merely a suggestion*

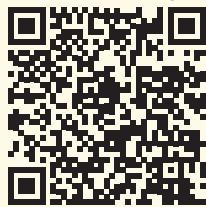
Article 1



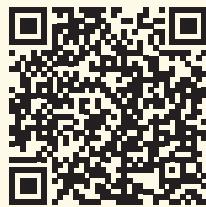
Article 2



WR2A Party



Fiddle Music



## Taanishi aen tipahamihk

#### Assessment:

##### Formative assessment:

- Observations of student engagement during class one.
- Observations of student participation during class two, including participation in the cooking portion as well as the kitchen party.

##### Summative assessment:

- The teacher can decide if summative assessment is necessary, and can grade as they see fit, there is no set criteria or rubric provided in this package.



# Li zhoor di laan New Year's Day



## Appendix 1:

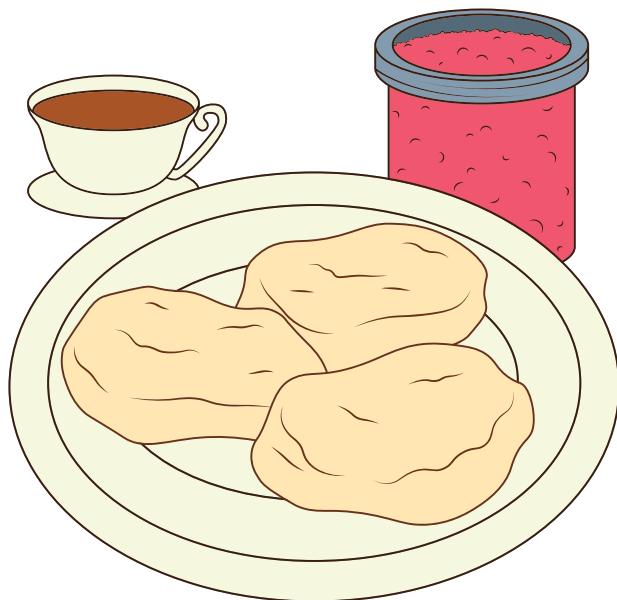
### Traditional Métis Gaalet (Bannock)

#### Ingredients:

- 6 cups la faarinn (flour)
- 3 tbsp la poodr a paat (baking powder)
- 2 tsp li sel (salt)
- 1 cup oil
- 3 cups water

#### Instructions:

1. Preheat oven to 375°F
2. Mix dry ingredients in a large mixing bowl.
3. Make a well in the center of the bowl, add the wet ingredients.
4. Fold the dough lightly, do not over mix.
5. Knead until it is flakey and form it into a loaf shape.
6. Using a rolling pin, flatten the loaf until it is approximately  $\frac{3}{4}$  of an inch.
7. Place onto an ungreased cookie sheet, bake for 15 minutes then flip la gaalet over and bake an additional 15 minutes.
8. Serve la gaalet hot with butter, jam, or as a side to la soup (soup).



#### Tea:

- Prepare hot water and steep tea bags for at least 5 minutes
- Serve with cream and sugar



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## Appendix 1:

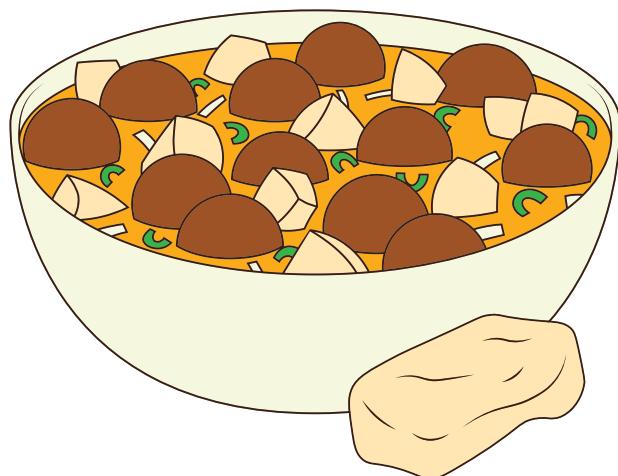
### Round Prairie Métis Boulettes

#### Ingredients:

- 1 ½ lbs of ground beuf (beef)
- 2 medium sized zaayoon (onion)
- 3 tbsp la faarinn (flour)
- 1/2 tsp li sel (salt)
- 1/2 tsp li pwayvr (pepper)
- Optional – chopped celrii (celery) and diced paataak (potatoes)

#### Instructions:

1. Prepare a large pot of salted water to boil (measure with your heart)
2. Dice the zaayoon
3. In a large mixing bowl, mix the ground beuf with the zaayoon, adding li sel and li pwayvr.
4. Sprinkle in 1 ½ tbsp of la faarinn and mix with hands to form medium sized meatballs (think cookie dough ball sizes).
5. Mix the remainder of la faarinn with ½ tsp of li sel and li pwayvr, roll the formed meatballs in this mixture.
6. Add meatballs to boiling water, boil for 30 minutes.
7. Chop carrots and add to pot. (If you are adding the optional celrii and paataak, add at this time as well).





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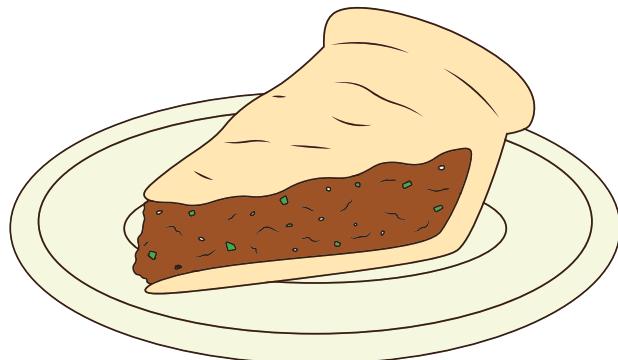


## Appendix 1:

### Tourtière

#### Ingredients:

- 1 lb ground di laar (pork)
- 1 ½ lbs ground beuf (beef) - can substitute ground bison, moose, or venison
- 2 stalks of diced li celrii (celery)
- 1 large diced zaayoon (onion)
- 3 cloves crushed garlic
- 1 cup beef broth
- 4 cups cooked & mashed paataak (potatoes)
- 1 tsp thyme
- 1/2 tsp all spice
- 1/4 tsp cinnamon
- 1/4 tsp red pepper flakes
- 2 ready to bake pie crusts
- 1 rollable Pillsbury pie crust (or similar brand)
- 1 egg



**Adaptations:** For the purposes of a 1-hour class, the vegetables should be pre-diced for this recipe, and the potatoes should be pre-cooked and already mashed.

#### Instructions:

1. Pre-heat oven to 375°F
2. In a large skillet, fry the meat until brown and drain the excess fat.
3. Add in the celrii, zaayoon, and garlic, as well as the beef broth and mix.
4. Remove from heat and add mashed paataak, thyme, all spice, cinnamon, and red pepper flakes. Mix well.
5. Spread the mixture into the pie dishes evenly.
6. Roll out the pie crust dough until thin and cover the pie crusts, trimming the excess.
7. Using a fork, place holes in the top of the crust, and add an egg wash (whisk an egg and brush it on top).
8. Bake for 30 minutes.



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## Appendix 2: Heritage Michif Pronunciation Guide

English	Michif	Pronunciation
<i>Title</i>	<b>aen shinihkatayk</b>	ay SHIN-ick-a-TAKE
<i>Grade ("year of school")</i>	<b>l'aanii d'ikol</b>	la-KNEE dee-COL
<i>Subject ("explaining what is being learned")</i>	<b>Kaykwy kaa kishkayhtamihk</b>	cake-WHY kah kish-KAY-tuh-MICK
<i>Topic ("specifically what we're talking about")</i>	<b>ispray kaa piikishkwatamihk</b>	iss-PRAY kah PEEK-ish-KWAH-tuh-MICK
<i>Overview ("talking about what is being learned")</i>	<b>wiichtamakayhk kaykwy kaa kishkayhtamihk</b>	wee-TUM-a-CAKE cake-WHY kah kish-KAY-tuh-MICK
<i>Assessment ("How it will be measured")</i>	<b>taanishi aen tipahamihk</b>	taan-SHIH ay tip-AH-ha-MICK
<i>Time</i>	<b>li taan</b>	lih TAH
<i>Curriculum Outcomes ("what should happen")</i>	<b>kaykwy chi kii ishpayihk</b>	cake-WHY chih KEY ish-pah-YICK
<i>I Can Statement ("I can do it")</i>	<b>Gashkihtaan</b>	Gahsh-kih-TAHN
<i>Materials Needed ("Things needed to do this")</i>	<b>lii zafayr poor chi ooshitaahk ooma</b>	lee za-FAIR pohr chih oh-sh-TAHCK oh-MA
<i>Focus Questions ("primary questions")</i>	<b>niikaan lii kesyoон</b>	knee-KAHN lee kess-YONE
<i>Lesson Description ("How to do it")</i>	<b>taanishi aen ishi ooshihtaahk</b>	taan-SHIH ay ishih oh-sh-TAHCK

\*Capital letters indicate stressed syllables