



History Cooks® Food and History Lesson

Cooking on the Lewis and Clark Expedition†

Objectives

- Understand the challenge to find and cook food during the Lewis and Clark Expedition.
- Understand the need to eat food available whether one likes it or not.
- Safely practice frying techniques.
- Recognize the appearance and consistency of cooked fish.

Introduction

Students take turns reading paragraphs on page 12 of *Cooking on the Lewis and Clark Expedition*.

PAN-FRIED CATFISH‡

Ingredients

- 1/3 cup yellow cornmeal
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 3 (8 oz. each) catfish fillets
- 2 tablespoons vegetable oil

Equipment

- 9-inch pie plate
- dry-ingredient measuring cups
- measuring spoons
- medium skillet or electric skillet
- spatula and fork

Methods

1. In pie plate, combine 1/3 cup cornmeal, 1/4 teaspoon salt, and 1/4 teaspoon pepper.
2. Place fish fillets one at a time in cornmeal mixture. Turn to completely coat both sides. Repeat with remaining fillets.
3. Heat oil in skillet over medium-high heat about 1 minute.
4. Add catfish. Reduce heat to medium. Cook 3 to 4 minutes.
5. Turn catfish. Cook 3 to 4 minutes or until fish is golden brown and flakes easily with a fork.

Demonstration

Option 1: Hands-On Student Cooking

Students divide into groups of 2-3. Instructor briefly demonstrates equipment use, discusses methods and introduces ingredients. Instructor assigns Pan Fried Catfish recipe to each group OR assigns each group separate Lewis and Clark recipes in addition to Pan Fried Catfish recipes.

Option 2: Instructional Cooking

Instructor prepares recipe with students' assistance. Instructor demonstrates equipment use, discusses methods, and introduces ingredients as recipe is prepared. Students actively participate in equipment use, ingredient measurement, and preparation methods.

Class Discussion Questions

Hint: Remember to approach questions from a 21st century view and from Lewis and Clark's perspective.

- What did students find "difficult" about this recipe? (prep work, measuring, frying)
- What obstacles do you think Lewis and Clark encountered when cooking in the wilderness?
- How do you think Lewis and Clark cooked without the kitchen tools and equipment we have? Could you cook the way they did?
- What would you do if you ran out of ingredients for your recipe or did not have the right equipment (i.e., measuring cups) to prepare the recipe? How do you think members of the Lewis and Clark Expedition handled the same dilemma?

† Order direct from History Cooks®, SRP \$22.95. Special History Cooks Price: \$14.95 plus shipping.

‡ Recipe reprinted from *Cooking on the Lewis and Clark Expedition* by Mary Gunderson and used by permission from Capstone Press, Blue Earth Books, 2000. ISBN 0-7368-0354-8



215 Walnut Street, Suite 205, Yankton, South Dakota 57078

Eat.Well@HistoryCooks.com · HistoryCooks.com

toll-free: 877.581.8422 · 605.668.9588 · fax: 605.668.9586

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