

(What would you say maybe the favorite cuts or the favorite part part the Arapahoes like when they butchered--their favorite kind of meat?)

The sinew part (tenderloin). The sinew part is the tenderest. They what they like, and these ribs.

(Would that sinew part--would they cut that out?)

Yeah, they take that sinew out. And then slice this meat. Always be big one. Thin and big. And after they dry it, that's what they used to pound and make pounded meat.

(Did they ever just cook that over the fire, too?)

Yeah, they cooked it over the fire. I never did see no one boil it, though. They always cook it over the fire or make pound meat out of it--that sinew part of the meat.

(When they were cooking it over the fire, did they ever hang it on a stick like they did the ribs?)

No, they just put it over the fire and keep turning it.

(What did they do before they had grills?)

They used to use stick. You know, they had kind of made just like these shades, and on top there they used to put them and fire was under there. I used to bake that way.

(How far away from the fire would that be?)

Right over the fire. Have to be high. Then they'd make little fire, you know, and baste it.

(This pounded meat you're talking about--did they put anything with it besides just being pounded up?)

Oh, they put salt. And some of them put sugar on there. And lard or grease--some kind of grease, you know. And they eat it.

(Do you know what kind of grease they used?)