

COOKING SOFKEY AND FOOD SUPPLY

Catch them and clean them and crack them and get the meat out. And after you get the meat out, it takes about a can full of these coffee cans, one pound coffee cans, it takes about pound of that. And you have to wrap it up in a clean, white rag and when you put the grits you blend this hickory nut in the sofkey and that makes the taste and makes the color. And if you got plenty nuts it sure makes it good.

(Does it taste better?)

It tastes better. Good. It takes lot of work but its good. Well you have to cook the sofkey grits first. That's you, you have to cook the grits about four or five hours. If it's outside where they build fire, where they used to it doesn't take so long but on these stoves it takes a long time. On a slow fire.

(Uh-huh)

To make it soft and when it boils a little while you put the hickory nut in there and let it boil together. And that makes it real good. We sell it. If we sell it by the quart they give us seventy-five cent a quart for it.

(Now days, you mean?)

Uh-hum

(Oh. Is that what the Indians had in their homes all the time, sofkey?)

Yeah, that's what they used to have all the time. Sofkey. Even if they got real sour they have it. Some Indians like it real sour. But some like just--

(Fresh)

Fresh. Well, mostly all Indians like it but these young generations might not like it. But the older ones sure like it. And white people like it. When we have dinner they ask for it.

(They buy them By the quarts or something.)