

bread batter, cooked on top of the stove in a small amount of shortening.

It is baked, fried on top and turned over and it is fried in a very small amount of shortening.

(Now the Osages are noted for their cooking and ways of preparing many types of foods, which they have been known to prepare, and especially this Indian barbecue. Other tribes of Oklahomā, don't barbecue their beef for their dinners like the Osages do. Can you describe just how this barbecue is prepared--how it is cooked and how long it's cooked until it's served?)

Well, we start with the fresh beef, and there are ladies who take the choice lean pieces and they flatten them out into thin pieces--large pieces and there is an art to this. Most everybody can't do it. And there is an art to preparing meat for barbecue, and well, we start with the fresh beef--we flatten the meat out and we hang these up to dry out just a little bit, on long poles in the sun. Not long, just several hours I would say. Maybe the day before the dinner and then to barbecue beef, we have what we call a barbecue rack and the--we have a special rack built for our barbecue. It is about four feet long and three feet high. It's quite, it's a little high from the ground. And you have to have heavy, long wood and you've got to build a huge fire under this rack and you've got to let it burn down into thick heavy coals, before you put the meat on the barbecue stand. And you can put several pounds of barbecue meat on the stand at one time and the coals are burnt down low where they are just glowing, and it takes about 20 minutes to each side. You turn them after 20 minutes and let 'em cook 20 more minutes and some of it has bits of fat to make it more tasty and they are salted down before they are put on the rack, to give them more flavor. From there, we cut it in to serving portions for each plate. Nowadays, we serve this in each plate. Now preparing their feast table, the Osages, we have our dinners on long tables and benches for the seating