

## POYHA (OLD NATIVE AMERICAN RECIPE) POULTRY MEAT & CORMEAL



**READY IN:** 1hr 5mins

**SERVES:** 8-10

**YIELD:** 2 loafs

### INGREDIENTS

2 lbs ground turkey or 2 lbs ground chicken

3 tablespoons oil

3 slices bacon, chopped, if you are not using bacon as the pan dripping, add 1/2 tsp salt (optional) or 3 slices salt substitute (optional)

2 (14 ounce) cans whole kernel corn, drained or 2 cups frozen corn, thawed

2 cups green seedless grapes, chopped fine

1 large yellow onion, diced

3 eggs

1 1/4 cups coarse yellow cornmeal

1/2 teaspoon pepper

Pam cooking spray

paprika (optional)

1/2 teaspoon garlic salt (optional)

### DIRECTIONS

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In blender or food chopper, chop the corn into very small pieces. (Do not overdo)

You don't want liquid. Set aside.

(If you prefer you can use frozen thawed corn).

In large mixing bowl, add chopped corn, chopped grapes, onion, eggs and pepper.

Beat until eggs are mixed. Set aside. If you want to add optional paprika and garlic salt, add to mixing bowl.

**Grill: Cast Iron Skillet or Dutch Oven:**

Brown ground meat in oil or in with the raw chopped bacon pieces. Cook just until brown. Do not overcook. Add drained meat to corn mixture. Wipe out skillet or Dutch oven with a paper towel. Season with a little grease or oil.

Add cornmeal to meat and corn mixture. Mix well using your hands. Add more cornmeal, a little at a time such as 1 tablespoon at a time, if the mixture is too runny. Should be moist. (note: you might have to use a total of 1 1/2 cups cornmeal or a little more if the corn is very moist.

Pack into cast iron Dutch oven. Cover.

**Note:** Put on grill medium heat for 45 minutes to 1 hour. Over hot coals 45 minutes. Cool at least 15 minutes. Cut slices in the Dutch oven, then lift slices out to serving dish.

**Conventional Oven: Meat Loaf Pans:**

Spray with Pam. Pack into two loaf pans.

Bake 350\* 45 minutes.

Bake 350\* 1 hour to 1 hour 15 minutes if packed in a very large loaf pan.

Make sure you cool at least 15 minutes or longer. The loaf must set up.

Serve with gravy, white sauce, ketchup.

Slice for sandwiches, or add with fried potatoes.

Can be served with fried potatoes and white gravy or just plain on a slice of bread or hoagie roll.

This is a very moist meat loaf and definitely a full meal. You can add salsa or peppers after slicing if you prefer or any meat sauce. You may put the meat on fry bread and top with salsa also.