

Vpvske and Vpvske Nerkv
(parched corn drink aka koolaid/tea) and (parched corn grits)
Johnie Hicks and Aggie Beaver

Preparation:

1. Collect wood ashes during the winter, Postoak and Blackjack is preferred, separate coals from the ashes.
2. Third week of July – pick two bushels of corn.
3. Remove husks, separate rejected (discolored kernels), otherwise they will burn during the cooking process.
4. Cut two rows at a time off the cob.
5. Cast iron pot must be hot enough to boil the ashes on the open fire.
6. Add corn – stir for forty-five minutes constantly.
7. When kernels get brown, remove from the fire after one hour and forty-five minutes they should be done.
8. Remove any burnt kernels.
9. Repeat until all corn has been cooked.
10. After cleaning, separate kernels from ashes. Reuse ashes.
11. Pound or smash the kernels.
12. Clean again.
13. Time to grind the cooked corn.
14. After grinding, it goes to be pounded again.
15. Using a sifter separate the fine kool-aid/tea powder from the grits (nerkv).
16. The fine powder is used as a drink and the nerkv is used to cook with meat such as chicken.