

It will probably be interesting also to know what the French and Savages eat, and how they prepare their food. This is what is done: A large tree is sawn, and a log about 3 feet long is cut, and hollowed out about 2 feet, somewhat like a mortar. Then a pestle 5 feet long is made, of hard wood; then Indian corn is put in the mortar, and crushed with the pestle. When sufficiently crushed, it is winnowed, and the bran separated from it until nothing remains but the meal [gru], which is sifted to remove the fine flour; this leaves the meal pure, clean, and as white as rice. It is boiled with water in a pot or kettle, and at the same time whitefish is boiled in another kettle; when the meal is half boiled, the fish is taken out and mixed with the gruel [bouillon de gru], which is reduced to a liquid as white as milk. Afterward it is thrown into the pot and stirred with a ladle, as is done with rice, until completely cooked; and, as it is the custom of the country for every person to have his own plate, each one fills his with this porridge, called by the Savages *Sagamité*, which means "a variety of things mixed together to be eaten."¹

This food is not dainty, but it is certainly very wholesome: for it always keeps the body open, and is very aperient, for one urinates as often as fifty times a day. And, if one never ate anything else, one would never be thirsty, as has happened to many persons who heedlessly pass entire months without drinking. I can attest that I have passed twenty days without feeling the slightest thirst, which leads me to think that it would be good food for those who suffer from gravel. In the evening, fish is eaten cooked in a variety of ways: fried, broiled, boiled, smoked, or stewed; there is neither oil nor butter, but there is the fat or marrow of moose, elk, or buffalo, which is brought to Missilimakinak from the Illinois or Chicagou; and in truth I consider this sauce as good as that of the Carthusians or the Minims.²

¹Cf. the description of this food given by the missionary Poisson (*Jes. Relations*, lxvii, pp. 291, 293, 315), as used in Louisiana.—Ed.

²Two religious orders: the Carthusians, founded in the year 1080, at Chartreux, France, by St. Bruno; and the Minims, founded in 1453, by St. Francis de Paula, of Calabria. Both were remarkable for their austerities; hence the sarcasm of Cadillac—who, moreover, had no love for monks.—Ed.