

# CRANBERRY AND MAPLE NASAMP

*Chefsville  
Kids*

## COOKEE'S TOOL KIT

Cutting Board  
Chef's Knife or Paring Knife  
Medium Saucepan  
Wooden Spoon  
Measuring cups and spoons  
Spatula  
**Adult Supervision**



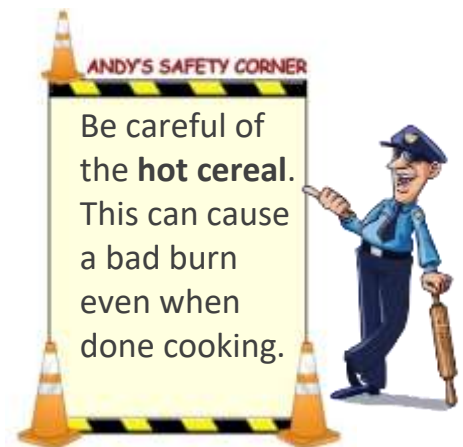
This Wampanoag recipe, which makes a warm and soothing breakfast, dates back hundreds of years (with a few nods to modern tastes). This is a version from Darius Coombs and Eleanor Jackson of Plymouth Plantation.

## Ingredients

1 cup or about 4 handfuls of corn meal  
2 cups water (or enough to cover corn meal)  
2 tablespoons Cranberries (dried, fresh or frozen, or as much as you want)  
Maple syrup, chopped walnuts or hazelnuts, sunflower seeds (optional)

## Directions

1. Put the cornmeal in a pot, cover with water and simmer until the porridge is thick and creamy. If you're using fresh or frozen berries, put them in at the start. If you're using dried, add them at the end.
2. Add maple syrup, nuts and seeds to taste.



Time: 15 minutes  
Serves: 4

Cooking time: 20

## **CRANBERRY AND MAPLE NASAMP**

In Wampanoag life, unused food was returned to the earth to make the ground fruitful. All animals were important. All life was important. American Indians were taught not to misuse the land or its creatures.

They ate meat from deer, moose, beaver, rabbit, skunk and raccoon.

Whatever was hunted was not only food, but the hides were used for clothing and other things, bones were used for tools.

From the sea, rivers and fresh-water ponds they ate herring, trout, perch, catfish and eels. From the saltwater ocean they ate cod, Pollock, bluefish, flatfish, bass, sea eels, mackerel and others. They would dive and catch oysters, soft-shelled clam, quahogs, mussels, razor clams, lobsters, crabs and conch.

Many different kinds of nuts, berries, greens, and mushrooms were gathered from the woods. These were added to soups and other dishes such as *nasaump*, a thick and filling food made of corn. Some of these nuts and berries were eaten fresh, while others were dried and stored for future use.