

THANKSGIVING ACTIVITY

MAKE NASAMP, A WAMPANOAG RECIPE



Photo courtesy of Danielle Greendeer

Nasamp is a traditional Wampanoag dish made from corn meal, nuts, berries, and fresh maple syrup, then boiled in water until it thickens.

Children should always get help from an adult before using the stove.

Ingredients

- 1 cup cornmeal
- 1 cup dried or fresh berries
- 1/4 cup crushed walnuts, sunflower seeds, or other nuts
- 2 cups water
- maple syrup to taste

Instructions

Combine all ingredients except the maple syrup in a pot and boil for 5 minutes.

Turn down the heat and simmer, stirring frequently, for about 15 minutes or until all water is absorbed.

Spoon into bowls and drizzle maple syrup on top.