

Nasaump Recipe



Nasaump is a traditional Wampanoag dish that is made from dried corn, local berries, and nuts. It is boiled in water until it thickens, and is similar to a porridge or oatmeal

Ingredients:

- 1 1/2 cups cornmeal
- 1 cup strawberries, raspberries, blueberries or a combination of all three
- 1/2 crushed walnuts, hazelnuts, sunflower seeds or a combination of all three
- 1 quart water
- maple syrup or sugar to taste (optional)
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Instructions:

- Combine cornmeal, berries, crushed nuts, and the optional sweetener in a pot of water
- Bring to a boil.
- Turn down the heat to medium and cook, stirring frequently, for 15 minutes.