

Sasumuneash (Cranberries) & Askutasquash (Squash)

Traditional Wampanoag
recipes shared by

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INGREDIENTS

- 8 tablespoons softened butter
- 1 teaspoon salt
- ½ teaspoon ground nutmeg. (More can definitely be added.)
- 1 teaspoon cinnamon. (Often 2-3 teaspoons end up being used.)
- 1 teaspoon allspice. (Less or more can be added.)
- 1 cup chopped walnuts. (Sometimes pecans are used.)
- ½ cup brown sugar. (Usually light brown sugar.)
- 2 cans cranberry sauce. (The kind with the berries in it.)
- 8 cups cooked butternut squash. (Mashed.)

INSTRUCTIONS

1. Combine 4 tablespoons butter, cinnamon, allspice, nutmeg and squash in a bowl.
2. Stir the cranberry sauce in a separate bowl until it is no longer jelly-like. It should be soft. (If using handmade cranberry sauce, stir until soft.)
3. Combine walnuts (or pecans), brown sugar and butter
4. Put squash mixture into a baking dish. (We use a 4 qt casserole dish with a lid.)
5. Pour the cranberry sauce over the squash mixture
6. Sprinkle the walnut, brown sugar and butter mixture over the cranberry sauce
7. Bake in a 350 (or higher!) degree oven. Take out of oven when bubbly and golden-brown.

MORE TRADITIONAL VERSION

Oil (vegetable or corn), 1 cup cranberries, 1 butternut squash, 1/3 cup maple syrup, about ½ cup of cranberry juice. Cut squash into small pieces. Add squash and oil to a skillet. Stir frequently and cook until squash is almost soft. Add juice and cranberries. Bring to a boil, then cover and simmer. Simmer until squash is tender. Add maple syrup.

NOTES

This recipe was shared with HUDS as we celebrated Native American Heritage Month in November 2021. It is typically offered as a dessert, and is most likely a 18th – 19th century recipe as it uses spices that weren't available pre-colonization. The spice level is very much up to the individual making the dish.

