

## NAUSAMP

*Start your day with a Wampanoag breakfast!*

Corn is not just a vegetable, it's a grain. Wampanoag eat corn for breakfast - and for lunch, snack time, and dinner. Now you can too!

### INGREDIENTS

1 ½ cups coarse\* cornmeal

½ cup ground walnuts, hazlenuts or sunflower seeds

4 cups water

Maple syrup

Berries (*blueberries, strawberries, raspberries*) or dried cranberries

**\* What if you can't find coarse cornmeal?**

*You can still make it, but it will turn out smoother – more like Cream of Wheat instead of oatmeal. If you use fine cornmeal, use more water, and consider adding milk or cream at the end.*

### ALL ABOUT CORNMEAL



When dried corn is ground-up (smashed) into cornmeal, it can end up as either:

- ✓ **Coarse** – ground-up a little, so it still has larger, rougher pieces in it
- ✓ **Fine** – ground-up a lot, so all the bigger pieces are gone. This could also be called corn flour.

This recipe works best with **coarse** cornmeal. Look for the word coarse on the label.

*If you can't find either word on the label, it's probably fine-ground (not coarse).*

### INSTRUCTIONS

1. Combine the cornmeal, ground nuts or seeds, and water in a pot. Stir to combine everything.
2. Put the pot on the stove with the lid on and turn the heat to medium high.
3. After a few minutes, you will start to smell the *nausamp* cooking, and/or you may notice steam rising out from underneath the lid. This means it is starting to boil! Take the lid off, turn the heat to medium, and stir.

## NAUSAMP

### INSTRUCTIONS (continued)

4. Stir the *nausamp* frequently for another 10-15 minutes as it cooks.
5. When it looks like oatmeal, turn off the heat. It will thicken as it cools, so it's done when it's still a bit liquid-y. Stir in a little maple syrup and taste. If you think it needs it, add a little more. It should taste slightly sweet, not super-sweet! The berries or cranberries will add more sweetness when you eat it.
6. ***Your nausamp is ready!*** Serve it in bowls, topped with the berries or cranberries.



*Nausamp with cranberries,  
made in the Adventure Kitchen*

### Modern Twists ideas:

- ✓ Stir in milk or cream to make it creamier.
- ✓ Add apples, pears, peaches, or any other fruit you like.
- ✓ Sweeten with sugar or brown sugar instead of maple syrup.
- ✓ Add a little salt.

HAVE FUN!