



Native American Night Menu

- **Corn Cakes (Wampanoag)**
 - Corn cakes were a staple of the Wampanoag diet. The Wampanoag would put these in their pouches when making long journeys. They taught the colonists how to plant corn and make them. The colonists would call them johnnycakes.
- **Nasaump (Wampanoag)**
 - Nasaump is a Wampanoag recipe for cornmeal porridge. Cooked usually in a clay pot over a wood fire with fresh berries, nuts, and seeds and sweetened with maple syrup, this recipe is a mix between oatmeal and grits.
- **Sobaheg (Wampanoag)**
 - An easy way to make use of seasonal ingredients, the stew often included a mixture of beans, corn, poultry, squash, nuts and clam juice. All are used in the traditional dish today, and all would have been available in 1621. In fact, clams, fish and other seafood were abundant in the area, so they were probably present in some form of sobaheg.
- **Succatash (Wampanoag)**
 - From Narragansett *sohquittahhash* which means broken corn kernels is a vegetable dish consisting primarily of sweet corn with lima beans or other shell beans.
 - The dish was introduced as a stew to North American colonists in the 17th century by indigenous peoples. Composed of ingredients unknown in Europe at the time, it gradually became a standard meal in the cuisine of New England and is a traditional dish of many Thanksgiving celebrations in the region, as well as in Pennsylvania and other states.

- **Hominy (Choctaw)**

- Hominy is made from corn that is dried in the husk. The kernels are then removed from the cob and pounded in a kiti. A kiti is made by burning a bowl like indentation into a tree trunk.
- The traditional cooking process takes several hours to complete. It is boiled in a large pot over an open fire. The hominy is added into the boiling pot with some type of meat flavoring, such as chicken or pork.

- **Indian Pudding (Hasty Pudding)**

- Despite its name, Indian pudding is not a traditional Native American dish. Native Americans had neither milk nor molasses. But Indian pudding is descended from an Old World staple: hasty pudding, made from wheat flour, barley or oats, thickened with milk.
- Seventeenth-century English colonists brought hasty pudding to North America and transformed it completely. Lacking wheat, they substituted cornmeal, a grain they learned to cultivate from the indigenous peoples, which led to the new name Indian pudding. They substituted milk, which was plentiful, for water and added locally available sweeteners, either molasses or maple syrup, and spices when available, typically cinnamon and ground ginger. Other traditional ingredients include butter and eggs for a smoother consistency and raisins and nuts for flavor and contrasting texture.
- Finally, Indian pudding was baked in a slow oven for several hours, transforming its texture from the porridge-like quality of hasty pudding to a smoother texture more typical of custard puddings.