



Recipes

Modern Day Narragansett Strawberry Bread

from Dale Carson's New Native American Cooking. This bread was originally made without sugar and eggs and was noted in writings of the pilgrims to have been delicious.

Ingredients:

- 1/2 cup butter
- 3/4 cup maple sugar
- 1 egg
- 2 cups all-purpose flour
- 1/2 cup cornmeal
- 1/2 cup finely ground walnuts
- 1 cup wild strawberries, rinsed, stemmed, and quartered
- 1 tsp baking powder
- 1/2 tsp salt
- Milk to make a stiff batter.



Directions

- Preheat oven to 350 degrees.
- In a mixing bowl, cream butter and maple sugar.
- Add egg and beat until smooth.
- Add flour, nuts, baking powder, and salt.
- Stir and add enough milk to make a stiff batter.
- Gently fold in the strawberries and turn batter into an 8 or 9-inch square baking pan.
- Bake in the center of the oven for 20 to 25 minutes or until a knife inserted in the center comes out clean.