



## Recipes

### Puttuckqunnege - Boiled or Baked Breads

(Wampanoag) - A cake or round loaves of bread. This bread can be boiled or baked in ashes covering the bread with leaves.

#### Boiled Corn Bread

Boiled bread is a small patty made mostly of cornmeal with crushed nuts and berries added in. It is dropped in a pot of boiling water and when done, rises to the top



#### Ingredients:

- 1 quart slightly boiled water (this water can be a broth from boiled greens)
- 1/2 cup cornmeal
- 1/2 cup corn flour
- 1/2 cup dried cranberries, blueberries, and/or currants
- 1/2 cup crushed nuts or seeds (walnuts, hazelnuts, or sunflower seeds)
- Maple syrup or sugar to taste (optional)

#### Preparation:

- Combine all ingredients in large bowl and mix thoroughly.
- After mixing, slowly add a spoonful at a time of slightly boiled water.
- When the mix is thick enough to be sticky, shape round patties (about 3 inches in diameter and 1/2 inch thick).
- Return water to slight rolling boil and drop in 1 or 2 patties, carefully making sure they do not stick to the bottom.
- Remove breads when they begin to float.