



## Recipes

### Wampanoag Sassamanesh - Cranberries with Butternut Squash

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This is a traditional recipe - a modern recipes follows:

#### Ingredients:

- 1 butternut squash
- corn oil
- 1 cup cranberries - fresh, frozen, or dried
- 1/2 cup cranberry juice (unsweetened)
- 1/3 cup maple syrup



#### Preparation:

- Cut the butternut squash in half lengthwise, peel and remove seeds. Cut the squash into bite size pieces.
- In a skillet add corn oil and squash. Cook over medium heat about ten minutes, stirring frequently until the squash is almost tender. Add cranberries and juice.
- Heat to boiling, then reduce heat and simmer until squash is tender. About 5 minutes. Stir in maple syrup and serve.

#### Modern Recipe:

#### Ingredients:

- 4 cups mashed cooked butternut squash
- 4 tablespoons butter, softened, divided
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground nutmeg
- 1 can (14 ounces) whole-berry cranberry sauce
- 1/2 cup pecans chopped
- 1/4 cup packed brown sugar

#### Preparation:

- In a large bowl, combine the squash, 2 tablespoons butter, salt, cinnamon, allspice and nutmeg. Transfer to a greased 2-qt. baking dish. Stir the canned cranberry sauce until softened, then spoon over squash mixture. Mix the pecans, brown sugar and remaining butter, and sprinkle over cranberry sauce.
- Bake, uncovered for 50-60 minutes or until golden brown and bubbly