

## CURIOSITY KIDS PRESENTS



Try making these dishes with and adult, that could have been served at the 1621 thanksgiving celebration between the Pilgrims and the Wampanoag.

### NASAUMP

Nasaump is a traditional porridge or oatmeal made by the Wampanoag. It is made from dried corn, local berries, and nuts.

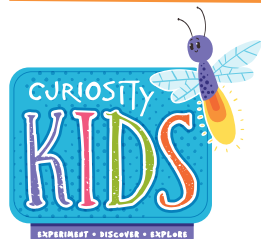


### Modern Version

- 4 cups water
- 1/2 cup
- 1 cup cornmeal
- sunflower seeds
- 1 cup raspberries
- maple syrup to taste



1. Boil 3 cups of water in a saucepan
2. Turn the burner to low
3. Mix 1 cup of cold water and corn meal and slowly add to hot water
4. Cook for 5 minutes, stir occasionally
5. Add the sunflower seeds and raspberries and cook for 1 minute
6. Drizzle maple syrup on top



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## STEWED PUMPKIN

John Josselyn, a traveler visiting the Pilgrims in the 1600's recorded this recipe. This is one of the earliest written colonial recipes.



### Modern Version

- 1 cup of cooked squash/pumpkin or 1 cup canned pumpkin
- 2 tablespoon butter
- 1 teaspoon apple cider vinegar
- 2 teaspoons cinnamon

1. In a saucepan over medium heat, stir and heat all the ingredients together for 5 minutes.
2. Serve warm



### Cooked Squash/Pumpkin

1. Cut squash in half
2. Clean out pumpkin seeds (save seeds for roasting)
3. Cut squash into large chunks, leave the skin on
4. Cover the pieces in water and boil for 20 minutes
5. Drain water and cool
6. Remove skin and mash squash with fork

*(You can substitute 1 cup canned pumpkin)*

### Roasted Pumpkin Seed

1. Clean the pumpkin seeds with cold water in a colander, drain the water
2. Mix 1/2 cup clean pumpkin seeds with 1 teaspoon melted butter
3. Roast on greased cookie sheet for 15 – 20 minutes at 350° F



Modern recipes based off historic recipes from Plymouth Plantation

Enjoy your modern 1621 thanksgiving recipes!

