



# Sasumuneash (Cranberries) & Askutasquash (Squash)

Makes 6 Servings

Traditional Wampanoag  
recipes shared by

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the Wampanoag tribe  
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## INGREDIENTS

- 8 tablespoons softened butter
- 1 teaspoon salt
- ½ teaspoon ground nutmeg. (More can definitely be added.)
- 1 teaspoon cinnamon. (Often 2-3 teaspoons end up being used.)
- 1 teaspoon allspice. (Less or more can be added.)
- 1 cup chopped walnuts. (Sometimes pecans are used.)
- ½ cup brown sugar. (Usually light brown sugar.)
- 2 cans cranberry sauce. (The kind with the berries in it.)
- 8 cups cooked butternut squash. (Mashed.)

## INSTRUCTIONS

1. Combine 4 tablespoons butter, cinnamon, allspice, nutmeg and squash in a bowl.
2. Stir the cranberry sauce in a separate bowl until it is no longer jelly-like. It should be soft. (If using handmade cranberry sauce, stir until soft.)
3. Combine walnuts (or pecans), brown sugar and butter
4. Put squash mixture into a baking dish. (We use a 4 qt casserole dish with a lid.)
5. Pour the cranberry sauce over the squash mixture
6. Sprinkle the walnut, brown sugar and butter mixture over the cranberry sauce
7. Bake in a 350 (or higher!) degree oven. Take out of oven when bubbly and golden-brown.

## MORE TRADITIONAL VERSION

Oil (vegetable or corn), 1 cup cranberries, 1 butternut squash, 1/3 cup maple syrup, about ½ cup of cranberry juice. Cut squash into small pieces. Add squash and oil to a skillet. Stir frequently and cook until squash is almost soft. Add juice and cranberries. Bring to a boil, then cover and simmer. Simmer until squash is tender. Add maple syrup.

## NOTES

This recipe was shared with HUDS as we celebrated Native American Heritage Month in November 2021. It is typically offered as a dessert, and is most likely a 18th – 19thc recipe as it uses spices that weren't available pre-colonization. The spice level is very much up to the individual making the dish.



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