

Wojapi – Chokeberry/Aronia Berries (Original Recipe)

Also known as Aronia Berru

20 ounces frozen Chokeberry/Aronia Berry or other wild fresh berries, defrosted

1-1/4 cup cold water or as needed, divided

1-1/2 Tablespoons wild corn flour or corn starch, divided

3 to 4 Tablespoons honey or as desired

Dash of salt

1 Tablespoon whole grain mustard if desired

Forms a juice to use for other recipes:

Place berries in medium sized bowl, mash fruit; place in large saucepan.

Cook for one hour at low heat; strain through cheese cloth. Set juice aside for a fine jelly. This is known as the first cut.

Replace berries in saucepan, cook again for about 30 minutes. My berries were very dry, so I added 1/2 cup water while cooking. Divide the berries; set aside 1/2 cup.

Forms a Berry Sauce known as Wojapi; Used to Spoon over Sweet Breads

Stir 1/4 cup cold water with 1 Tablespoon cornstarch. Add 2 Tablespoons honey and cornstarch mixture to saucepan; stir to thicken into desired sauce. Set aside.

Forms a BBQ Sauce to Use with Meats

Return the 1/2 cup reserved berries to the saucepan; crush seeds and remaining pulp; cook for 15 minutes; add 1/2 cup cold water mixed with 1/2 Tablespoon cornstarch, dash of salt, and 1 Tablespoon honey; cook to thicken. Stir in 1 Tablespoon whole grain mustard. If desired, strain sauce.

Note: The amount of water and cornstarch will depend on the juices from the berries.

For More Information See:

<https://antiquitynow.org/2015/05/20/bon-appetit-wednesday-native-american-wojapi/>

Cook's Note: I bought my Aronia Berries at Whole Foods Market in the frozen food department. They are the highest Antioxidant and Anthocyanin Superfruit. Distributed by: Sawmill Hollow Family Farm
<https://www.sawmillhollow.com/>

Other Recipes to Read or Try:

WOJAPI (DAKOTA BERRY SAUCE)

Makes about 4 cups

- 4 cups blueberries or chokeberries/Aronia Berry, fresh or frozen
- 1-2 tablespoons cornstarch or arrowroot
- Maple syrup
- 1/4 cup water

In a saucepan, simmer berries and water over low heat, stirring occasionally. (If using fresh berries, you may need more water to keep them from scorching.) Once the berries are broken down into a sauce, spoon out some sauce and whisk in the thickener. Fresh berries should need 1 tablespoon, frozen might need 2 tablespoons thickener. Whisk until completely dissolved, then add back to the rest of the sauce. Sweeten to taste with maple syrup.

DRIED BERRIES (Traditional Northern Cheyenne berries such as chokeberries, buffalo berries or wild blueberries)

1. After picking the berries, put them, including the seeds, in a blender or food processor and blend/process into a pulp. (Traditionally, the berries were pounded, including the seeds, to a pulp with a formed rock).
2. Form the pulp into patties, cover them with cheesecloth and lay them out to dry, turning occasionally. (Traditionally, they were dried in the sun).

*This process takes about two days. The patties may be stored in a tightly covered container for future use and can be used to make berry sauce.

PEMMICAN

By Patricia Rowland

- Dried meat (buffalo, game or beef)
- Dried chokeberries/Aronia Berries, (juneberries can be used as well) (use about the same amount as the dried meat)
- Sugar to taste
- Lard (to hold together) Do not use shortening or butter.

Pound meat very thin and dry in the oven. Grind the dried meat in a food processor. Add the chokecherries and blend together. The consistency should be dry and loose with fruit broken up. Add melted lard slowly while mixing. Two tablespoons of fat are used for each 4-5 ounces of meat plus 1/3 cup of fruit. Fat changes the consistency and makes it appear semi-moist instead of dry and improves the flavor and texture. Store in paper bags.

<http://www.firstnations.org/recipes>

Buffalo Berry Pudding

2 quarts chokeberries/Aronia Berries, or buffalo berries (any other kind of berry can be used)

Directions: Put fruit in kettle. Cover with water; bring to a boil. Mix some cornstarch with cold water; add liquid to the boiling berries until it makes a thick pudding. Add sugar or honey to taste. Eat as pudding or spoon over cake.

<http://nativeamericans.mrdonn.org/recipes/berrypudding.html>