

Wasna

Ingredients

- 2 cups shredded beef or bison jerky
- 1 cup chopped tart berries (chokecherries, sour cherries, or cranberries work best)
- 6 Tablespoons beef tallow or vegetable shortening

Nutritional Information

Calories per serving 83.5

Total Fat 5.3g

Cholesterol 20.0 mg

Sodium 16.0mg

Potassium 94.5mg

Total Carbohydrates 0.8g



Instructions

Shred the jerky and berries in a food processor. Mix in tallow or shortening and stir until well incorporated. Form the mixture into patties and dry in a dehydrator or refrigerate and eat within 3 days.

Wasna

The Lakota diet was high in protein and often the tribe either had much food to eat, such as after they killed a buffalo, or very little. One of the traditional recipes that the Lakota have passed through the generations is Wasna. Wasna derives from “wa” meaning “anything” and the “sna” meaning ground up. Non-Lakota people sometimes refer to it as Pemmican. This dish consists of dried buffalo, dried berries, and fat or bone marrow. Early Lakotas would grind the ingredients together with pounding a stone. Wasna is often seen as a sacred food and was often used in ceremonies and rituals. It also has less cholesterol, yet a mere four ounces provides more protein than half a dozen eggs. Wasna, because of protein it contains, can raise a person's iron level within 15 minutes. Today, Lakota people believe their ancestors did not suffer from diabetes, heart disease, or cancer due to the healing powers of Wasna.