

Tinpsila Wasna

Ingredients

- 2 cups wild turnips
- 4 Tablespoons kidney fat (buffalo or choice of wild game)



Instructions

Harvest turnips in early June or soak dried turnips for two days in water. Shred or grind the turnips to the desired texture. Render the kidney fat in a skillet and add to the ground turnips or break pieces of kidney fat and add to the ground or shredded turnips. Add these two ingredients to your desired consistency, or about 80 percent turnips and 20 percent kidney fat.

Tinpsila

Tinpsila Wasna is one of the four types of Wasna.

Tinpsila (wild turnip) is harvested in early June when the wild turnip flower is visible. After it is picked, the wild turnip flower is put back in the soil to ensure a regrowth for the next year. The Tinpsila is then peeled and either dried or used



right away for Wasna. If it is dried and used for a later day, the Tinpsila bulb is usually soaked in water for two days before it is either grated or ground for Wasna.

Did you know?

One bulb of Tinpsila (wild turnip) contains the same amount of potassium as 3 whole bananas.