

Papa Wasna

Ingredients

- 2 cups of ground, dried meat
- 4 Tablespoons kidney fat or rendered fat

Nutritional Information

100 grams of raw buffalo (95%) lean has a total fat of 4.6g

127.94 kcal calories

54.76mg of cholesterol-- all which is significantly lower when compared to beef, pork, turkey and chicken

Buffalo has a total of 20.77g of protein which is more protein than beef, pork, turkey and chicken



Instructions

To dry the meat, first fillet thin layers of raw meat while rolling the meat and cutting as you move along. Once you get a thin layer of meat cut out, hang your fresh meat over a line or pole and dry in a cool dry place. Lightly salt and turn once a day. When the meat is completely dry, grind meat to desired texture, but you usually want some fluff to the meat. Once the dried meat is ground to the desired texture, add kidney fat to the dried meat, mixing as you add the fat.

Papa (dried meat) Wasna

Papa is one of the four types of Wasna. Traditionally, dried meat was used in most traditional foods for the Lakota. Throughout the year, dried meat was constantly stored, maintained and almost always readily available. Papa Wasna is one of the four types of sacred Wasna utilized in many Lakota ceremonies.



Did you know?

Long ago, the Lakota use to have a game with the children to soften the dried meat in preparation for Wasna. Elders would lay the dried meat on a hide and cover with a thin layer of hide while the children would continuously jump up and down on the hides, which softened up the meat for Wasna.