

Manoomin Bagaan Porridge



Ingredients:

4 Cups Pre-cooked Manoomin

1/2 Cup Dried Mashkiigimin (Cranberries)

1/2 Cup Crushed Bagaanag (Pecans)

1/2 Cup Zhiiwaagamizigan (Maple Syrup)

3 1/2 Cups Doodooshaaboo (Milk) or Substitute

1 Tbsp Bimide (Tallow)

Zhiiwitaagan (Salt)—to taste

Spices (any combination such as Cardimom, Nutmeg, Cinnamon, Clove, Allspice, Ginger, Sweet Fern, Sumac Powder, Vanilla)—to taste

1. Using a saucepan over medium heat, whisk together Doodooshaaboo, Zhiiwaagamizigan, Zhiiwitaagan, Bimide, and spices together (except sumac powder, which can be added after cooking is completed.)
 2. Bring the mixture to a boil, then add Manoomin to simmer while continuously stirring for 4–5 minutes until the mixture is at a thick enough consistency.
 3. Stir in dried Mashkiigimin, and crushed Bagaanag.
- *Note: avoid Sumac if you are allergic to cashews.