



# Chokecherry Gravy

Makes 5-10 servings | **Fruit**

## Ingredients

- 3 dried chokecherry patties
- 3 cups of water, divided
- 4 Tablespoons flour (cassava/yucca flour)
- Honey to taste

## Directions

1. Wash hands in warm, soapy water.
2. Place the 3 chokecherry patties in a bowl, cover with 2 cups of water (about 1 inch above the patties). Soak overnight in the fridge.
3. The next morning, mash up the 3 patties, add 1 more cup of water, and bring to a boil.
4. Strain if desired\* and boil again after removing chokecherry husks.
5. In a separate bowl, mix 4 Tablespoons of cassava flour with a small amount of water make a slurry. Add the flour/water slurry slowly to the boiling chokecherry mix in order to thicken.
6. Add honey to sweeten, as desired.

\*If strained, the remaining chokecherry husks can be boiled to make juice.



Recipe provided by Restoring Shoshone Ancestral Foods in collaboration with the Restoring Ancestral Foods Group. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyocnp.org/wrir/>

1-877-219-4646 | <https://uwyocnp.org/> | [cnp-info@uwyo.edu](mailto:cnp-info@uwyo.edu)