



Chokecherry Patties

Doe'rahm'p (Chokecherry)

Ingredients

- Chokecherries
- Water

History

Nutritionally packed [...] chokecherries once were a part of daily ancestral consumption. They were eaten in companion with meat as a digestive aid.
~ Restoring Shoshone Ancestral Foods

Directions

1. Wash hands in warm, soapy water.
2. Gather clusters of chokecherries into bags.
3. Pick out leaves and stems, then rinse berries to remove dirt.
4. Use an electric or a hand meat grinder to crush the entire fruit with pits. Run the fruit 2-3 times through the grinder until it is a fine consistency.
5. Using about 1/4 cup, shape them into patties and let dry in the sun or in dehydrators.
 - Dehydrators: Place patties 1/2 inches apart on parchment or silicone sheets in the dehydrator, then dry for 12 to 16 hours (flipping every 2-3 hours).
 - For information on Sun Drying, please visit South Dakota State University Extension's article, Drying Chokecherries, available at: https://openprairie.sdstate.edu/cgi/viewcontent.cgi?article=1485&context=extension_extra

After chokecherries are cleaned, ground, patted and dried, they can be used to make chokecherry gravy and tea.



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/>

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