

AS.04a – Attachment (Pemmican)

Traditionally pemmican was prepared from the lean meat of large game such as [buffalo](#), [elk](#) or [deer](#). The meat was cut in thin slices and dried over a slow fire, or in the hot sun until it was hard and brittle. Then it was pounded into very small pieces, almost powder-like in consistency, using stones. The pounded meat was mixed with melted fat with a ratio of approximately 50% pounded meat and 50% melted fat. In some cases, dried fruits such as [saskatoon berries](#), [cranberries](#), [blueberries](#), or [choke cherries](#) were pounded into powder and then added to the meat/fat mixture. The resulting mixture was then packed into "green" rawhide pouches for storage.