

# How To Make Pemmican, The Ultimate Survival Food (Video)

*I've got a confession: I've wanted to make Pemmican ever since I found the recipe for it in [The Lost Ways](#), an awesome compilation of survival information edited and published by Claude Davis.*

Invented by the natives of North America, pemmican was used by Indian scouts as well as early western explorers. These people spent a great deal of time on the go and depended on having portable, high-energy, highly nutritious, and filling foods that would last for long periods of time.



My friend Alan had mentioned on other occasions that he, like me, wanted to enhance his food reserves with this nutritious food. So, last weekend I canceled all my awesome plans of staying at home and watching TV, in order to surprise him by showing up with the necessary ingredients to make a DIY pemmican video.

I grabbed my camera and headed out the door. On my way, I stopped at a local supermarket and purchased what we'd need to make a batch of pemmican. It's super simple; here's all you need:

- 6 lbs. Beef
- 2 lbs. Rendered Beef Tallow
- 3 oz. Blueberries

When I arrived, Alan was pretty excited about the idea. We decided that he'd do all of the talking and I'd do the filming. So here it is:

I wanted to film this so that all of our readers here on Survivopedia can use this video tutorial to make their own pemmican. In addition to being nutritious enough to be a stand-alone survival food, you may be surprised to learn that pemmican doesn't taste bad, either. In fact, with time, it will grow on you.

I hope you enjoyed the video and that it will inspire you to try making pemmican yourself. And remember that many other survival secrets of our ancestors are still to be discovered if you get [The Lost Ways book](#)! Click the image below for more!

