TOMATO AND ALPHABET CONSOMME

Ingredients:

30ml	2 tbsp. butter or margarine
1	1 large onion, chopped
1/2	1/2 clove of garlic, finely chopped
15ml	1 tbsp. dried parsley
1	1 can (540ml) tomatoes
	salt and pepper to taste
1L	4 cups chicken broth (page 64)
125ml	1/2 cup alphabet noodles

Method:

1. Melt butter in a saucepan. Add onion and garlic, stirring until onion becomes transparent.
2. Add tomatoes, parsley, salt and pepper. Let simmer uncovered about 25 minutes.
3. Add chicken broth and let simmer 30 minutes.
4. Add alphabets and let simmer 7 to 10 minutes or until noodles are cooked.

ᓯᑉ ᑎᒪᑐᑦ ᐋᖅᐊᑎᖅᑦ

ᐊᓐ ᒫᓐᑲᓐ ᐃᔭᐱᑎᖅᑦ:

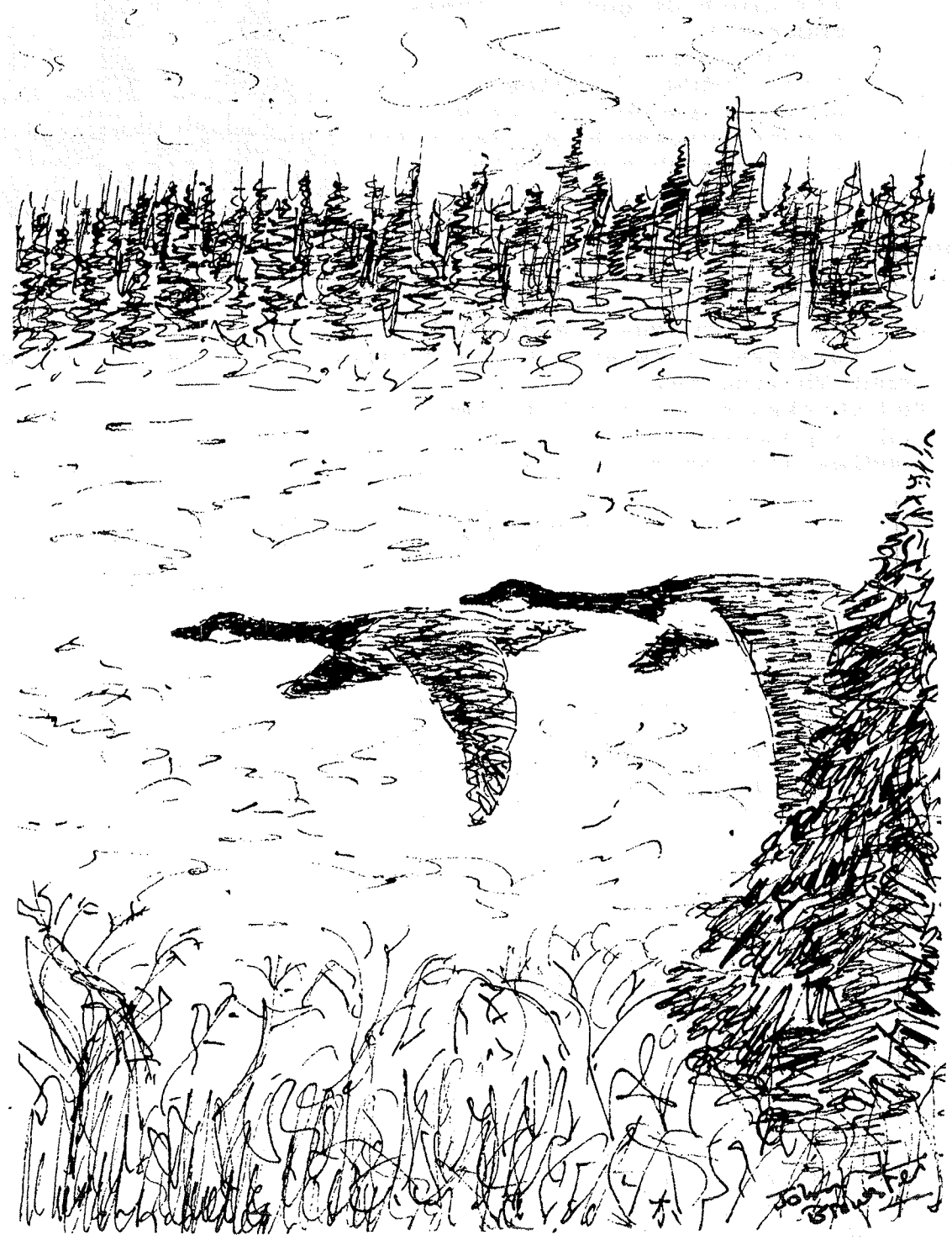
ᓂᓕ ᑲᒥᓯᒋᑦᑎᑦ ᐋᒥᖅᑲᓐ ᐱᑦ
ᐋᒥᔪᑦ ᐊᓗᓐ ᓐᐃᑭᑦᓐ ᐋᒋᐃᓱᑭᓗᑦ
ᐋᐱᖅᑐ ᐋᐱᑦᑎᖅᒋᒍᓱᑦ ᑲᑦᓕᑦ ᓇᑦᑦ ᐋᐱᐃᓱᑭᓗᑦ
ᐊᓗᓐ ᑲᒥᓯᒋᑦᑎᑦ ᐋᒥᖅᑲᓐ ᑲᐸᑦᑕᑦ ᐊᑦᓯᓕ
ᓯᑉᑎᒪᑦ ᐋᖅᐊᑎᖅᑦ
ᐃᓐᒫᓐᑲᓐ ᐃᔭᐱᑎᖅᑦ
ᓇᑦᑦ ᒥᓂᖅᑲᑭᓐ ᒋᖅᑭᓐ ᐋᐱᖅᑐ ᒥᓂᖅᑲᑭᓐ ᐋᓐᐊᕐᐅᑦ ᓄᑎᑦᑦ
ᐋᐱᖅᑐ ᒥᓂᖅᑲᑭᓐ ᐋᓐᐊᕐᐅᑦ ᓄᑎᑦᑦ

ᐊᓐᑕ ᐋᖅᑐᑕᑭᓗᑦ:

1. ᒫᑎᖅᒋᓯᑦ ᐱᑦ ᑲᐅᓐᓱᑦ ᐋᖅᐊᒋᖅᑕᐃᓐᓗ ᒫᐱᒋᑦᑎᓂᒥᓐ ᓐᐃᑭᑦᓐ ᑭᔭ ᑲᑦᓕᑦ, ᒫᔭᔭᖅᑕᑦᑯᖅᐋᒥᓐ ᐸᑐᑦ ᔭᐳᓐᐸᑦᑕᑯᖅᓐᑲᓐᐋ ᐊᓂᖅᐃ ᓐᐃᑭᑦᓐᓗ
2. ᐋᓐ ᒫᐱᒋᑦᑎᓂᒥᓐ ᑎᒪᑐᑦ, ᐸᑦᓯᓕ, ᑐᐅᖅᑕᑭᓐ ᑭᔭ ᐸᐸᑦᓗ ᐸᖅᑲᑦ ᓇᑦᑦ ᒫᐅᓯᒥᓐ ᐋᑲᑦ ᑯᓂᒥᓐᐋᖅᒥᓐ, ᓂᑦᑎᓄ ᓂᔭᔭᑦ ᒥᓂᑯᑦ ᐃᑦᐱᑦᓗ
3. ᐊᓐ ᑐᑦᑭᒦ ᒫᓕᒋᑦᑕᑲᒫᐃᓐ ᒦᓐ ᐋᐱᖅᑐ ᐋᒋᓂᓐᑲᓂᖅᑕᑦ ᐸᖅᑲᑦ ᒫᐅᓯᒥᓐᓗ
4. ᐃᔭᑦ ᒫᐱᒋᑦᑎᓂᒥᓐ ᐊᓂᖅᐃ ᐋᓐᐊᕐᐅᑦ ᓄᑎᑦᑦ ᑭᔭ ᒦᓐ ᒫᐅᓯᒥᓐ ᓇᑦᑦ ᐸᖅᑲᑦ ᓄᓐᔭᑦᑦ ᑭᔭ ᒫᑦ ᒥᑕᖅᑐ ᒥᓂᑯᑦᓗ

MAIN DISH

ᐊᓐ ᐧᐊᒋᑦᑕᒃ ᒐᒥᒋᓇᓄᒃ



MACARONI AND CHEESE

Ingredients:

375 ml	1 1/2 cup macaroni
2L	8 cups water
250ml	1 cup grated cheese
5ml	1 tsp. salt
50ml	4 tbsp. flour
50ml	4 tbsp. butter
50ml	2 cups milk
2ml	1/2 tsp. salt
	pepper

Method:

1. Put water and salt in a large saucepan. Bring to a boil.
2. Add macaroni to boiling water and cook 10-12 minutes until tender.
3. Rinse and drain macaroni.
4. Prepare white sauce: melt butter in a saucepan.
5. Add flour and stir until well mixed and bubbly. Be careful not to scorch the ingredients
6. Remove from heat, then add milk slowly, stirring constantly.
7. Return sauce to heat and bring to a boil, stirring constantly. Reduce heat, add grated cheese, cover and simmer for 7 minutes until cheese melts and there is no taste of raw starch.
8. Place half of the macaroni in a buttered baking dish. Pour in cheese sauce. Put in rest of macaroni and pour sauce on the top.
9. Bake in a 350°F(180°) over for about 30 minutes or until the macaroni is heated.

ᒪᑲᑭᓂ ᑭᔭ ᑭᑦ

ᐊᓐ ᒐᓐᑲᓐ ᐃᔭᐱᑎᖅᑦᑕ

ᐹᔪᑯ ᒥᓐ ᐊᐱᖅᑑ ᒥᓂᖅᑕᑭᓐ ᒪᑲᑭᓂ

ᓂᔭᓐᓐᑦ ᒥᓂᖅᑕᑭᓐ ᓂᐲ

ᐹᔪᑯ ᒥᓂᖅᑕᑭᓐ ᑭᑦ ᐊᐲᓯᐲᑦ

ᐹᔪᑯ ᐊᒥᖅᑕᓂᔅ ᕐᐅᖅᑕᑭᓐ

ᓐᑦ ᑲᒥᓯᒋᑦᑎᒃ ᐊᒥᖅᑕᓐ ᐱᖅᑕᕐᓂᒃ

ᓐᑦ ᑲᒥᓯᒋᑦᑎᒃ ᐊᒥᖅᑕᓐ ᐱᑦ

ᓐᓂ ᒥᓂᖅᑕᑭᓐ ᑑᑑᕐᓐᐳᐃ

ᐊᐱᖅᑑ ᐊᒥᖅᑕᓂᔅ ᕐᐅᖅᑕᑭᓐ

ᐹᐸᑦ

ᐊᓐᑖ ᐊᖅᑐᑖᑭᓐᒃᑦ

1. ᑲᐅᓐᕐᒃ ᐊᖅᐊᐱᖅᑕᐃᓐ ᒐᐅᓯᒥᓐ ᓂᐲ ᑭᔭ ᒐᐱᒋᑦᑎᓂᒥᓐ ᕐᐅᖅᑕᑭᓐᓄ
2. ᒐᐱᑭᔅᑎᓐᐊᖅᐊᒥᓐ ᒪᑲᑭᓂ ᑭᔭ ᒐᐅᓯᒥᓐ ᐸᑐᔅ ᓐᒃ ᑭᑦᑕᒐ ᐊᓐ ᒪᑲᑭᓂᓄ
3. ᒐᒋᓯᔭᐸᐅᑕᐃᓐ ᑭᔭ ᒐᕐᔅᑲᐸᒋᐱᖅᑕᐃᓐ ᐊᓐ ᒪᑲᑭᓂᓄ
4. ᒐᐅᕐᖅᑕᐃᓐ ᐊᓐ ᒐᐊᔅᑎᓂᒥᓐ; ᒐᑎᖅᒋᓯᑦ ᐱᑦ ᑲᐅᓐᕐᒃ ᐊᖅᐊᐱᖅᑕᐃᓐᓄ
5. ᒐᐱᒋᑦᑎᓂᑦᑖᑦ ᐱᖅᑕᕐᓂᒃ ᑭᔭ ᒐᐃᑖᖅᐊᒥᓐ ᐸᑐᔅ ᐊᑐᖅᑖᒐᓄ ᑲᑦᐃ ᑭᑎᔅᑦᑖᑦᓄ
6. ᒐᐊᑦᑲᓂᒥᓐ ᑭᔭ ᐸᖅᑲᒃ ᒐᑯᑎᐱᓂᑦ ᑑᑑᕐᓐᐳᐃ ᑲᒃ ᐊᖅᐃᑖᔭᑦᑯᖅᐊᒥᓐᓄ
7. ᒥᓐ ᒐᑖᖅᒋᔅᑖᐃᓐ ᑭᔭ ᒐᐅᓯᒥᓐ, ᑲᒃ ᐊᖅᐃᑖᖅᐊᒥᓐᓄ ᒐᐊᒍᓂᑦ ᒋᔅᐱᔅᒐᑦᐊᓐ, ᒐᐱᒋᑦᑎᓂᑦ ᑭᑦ, ᒐᑯᓂᖅᒋᑦᐊᖅᐊᒥᓐ ᑭᔭ ᐸᖅᑲᒃ ᓐᔅᒃ ᒐᐅᓯᒥᓐ ᐸᑐᔅ ᑎᖅᒋᓯᑖ ᐊᓐ ᑭᑦ ᑭᔭ ᑎᑭᓯᑦᑖᑦᐊ ᐊᓐᑭ ᐱᖅᑕᕐᓂᒃᓄ
8. ᐊᑭᑐᒥᓂᒥᓐ ᐊᐃᖅᑯᓐᐅᔭᑭᓐ ᐱᑦ ᐊᒋᖅᐊᐱᖅᑕᐃᑦ ᐊᑯᑦ ᒐᐱᒋᑦᑎᓂᒥᓐ ᐊᐱᖅᑑ ᐊᓐ ᒪᑲᑭᓂᓄ ᐊᑯ ᒐᑯᑎᐱᓂᑦ ᐊᓐ ᑭᑦ, ᒥᓐ ᐃᔭᑯ ᒐᒪᖅᒋᐱᖅᑕᐃᓐ ᐊᓐᑖ ᐃᑦ ᐊᓐ ᒪᑲᑭᓂ ᑭᔭ ᐊᓐᑦ ᐅᑦ ᒐᐱᒋᑦᑎᓂᑦ ᐊᓐ ᑭᑦ ᑲᐃᑦᑯᓂᑦᓄ
9. ᒐᐱᖅᑕᐱᑦᑭᖅᐊᒥᓐ ᓂᑦᑐᒥᑎᓐ ᒥᓂᑯᑦ 350° ᐊᐃᖅᑖᑦ ᒋᔅᐱᔅᒐᑦᐊᓐᓄ

EASY NOODLE CASSEROLE

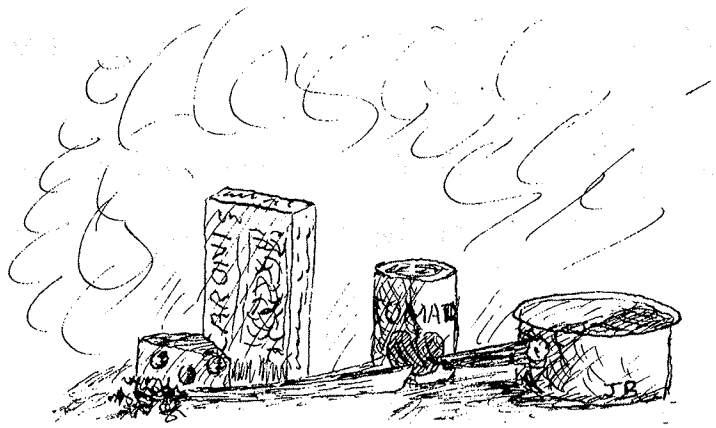
Ingredients:

1	1 box macaroni and cheese dinner
1	1 chopped onion
125ml	1/2 cup diced celery
5ml	1 tsp. butter or margarine
450g	1 pound ground beef (or available meat)
284	1 can 10oz. cream of mushroom soup
1	1 small can tomatoes
125ml	2 slices processed cheese or 1/2 cup grated cheese.

Method:

1. Prepare macaroni and cheese dinner according to package directions.
2. Sauté onion and celery in butter. Add meat and drain grease when meat is cooked.
3. In a casserole dish, combine macaroni and cheese dinner, onion, celery and meat. Add the cream of mushroom soup and tomatoes. Mix well.
4. Top with slices of processed cheese or grated cheese.
5. Bake in a 350°C (180°) oven until hot.

Adapted from: The Bay Nutrition Newsletter, Nov/Dec 1987



ᐊᐱᖅᑕᐱᕐᑭᖅᐃᑭᓐᓄᑦ ᒪᑲᕈᓂ ᑭᕐᑦ ᑭᕐᑦ

ᐊᓐ ᒐᓐᑲᓐ ᐃᕐᐱᑎᖅᑦᑦ:

ᐸᕗᑯ ᒥᓯᓂᖅᐃᑭᓇᒥᓄᑦ ᒪᑲᕈᓂ ᑭᕐᑦ ᑭᕐᑦ ᐊᐅᔪᖅᑕᑭᓄᑦ

ᐸᕗᑯ ᐅᐃᑭᕐᑯ ᐊᐱᐱᔪᑭᓄᑦ

ᐊᐱᖅᑑ ᒥᓂᖅᐅᑭᓐ ᐊᑭᒋᖅᒐᔪᑭᓄᑦ ᓴᓕᓇ

ᐸᕗᑯ ᐊᒥᖅᐅᑲᓂᕐ ᐱᑦ

ᐸᕗᑯ ᑎᐸᐸᕐᑯᒋᑭᓐ ᑲᐱᕐᑦ ᐅᐃᕐᑦ ᑭᕐᑦ ᐃᖅᑦ ᐊᐃᔪᓇᑯᖅᑦ ᐅᐃᕐᑦ ᑭᒐᖅᐊᐱᑎᓐ

ᐸᕗᑯ ᐱᐅᕐᑦᑯᑦ ᒪᕐᕈᒪᒃ ᓱᐸ

ᐸᕗᑯ ᐊᖅᐊᓐᑕᕐᔪᖅᑦ ᐱᐅᕐᑦᑯᑎᖅᑦ ᑲᑎᑯᖅᑦ ᑎᒪᑐᕐ

ᓂᕐ ᑲᐱᐱᒋᐅᕐᕈᓄᑦ ᑭᕐᑦ ᑲᐅᐃᕐᑦᐅᑲᕐᒋᓇᑭᓄᑦ ᑭᕐᑦ ᒪᒃ ᐊᐱᖅᑑ ᒥᓂᐅᑭᓐ ᑭᕐᑦ ᐊᐱᓯᐱᑦ

ᐊᓐᑕ ᒐᑐᑕᑭᓄᑦ:

1. ᒐᐅᔪᖅᑕᐃᓐ ᐊᓐ ᒪᑲᕈᓂ ᑭᕐᑦ ᑭᕐᑦ ᐊᑭᓂᐅᐊᖅᑎᒥᓐ ᐊᓐ ᐊᒋᕐᑕᒃᑦ.
2. ᒐᕐᕐᕐᒋᖅᐅᑎᒥᓐ ᐱᑦ ᐊᖅᐊᒋᖅᐃᑦ ᐅᐃᑭᕐᑯ ᑭᕐᑦ ᓴᓕᓇ. ᐃᕐᑦᑯ ᒐᐱᒋᕐᑎᓂᒥᓐ ᐅᐃᕐᑦ. ᑎᑭᕐᑕᒐ ᐊᓐ ᐅᐃᕐᑦ ᒐᔪᕐᑲᐸᒋᐱᖅᑕᐃᓐ ᐊᓐ ᐱᒥ.
3. ᒐᒪᒧᓂᒥᓐ ᐊᓐ ᒪᑲᕈᓂ ᑲᐅᔪᖅᑕᐃᓐ, ᐅᐃᑭᕐᑯ, ᓴᓕᓇ ᑭᕐᑦ ᐅᐃᕐᑦ. ᒐᐱᒋᕐᑎᓂᒥᓐ ᑭᕐᑦ ᐊᓐ ᓱᐸ ᑭᕐᑦ ᑎᒪᑐᕐ, ᑯᐃᕐᑯ ᒐᐃᑕᖅᐊᒥᓐ.
4. ᑎᖅᑯᖅᑦ ᐊᓐᑦ ᒐᐱᒋᕐᑎᓂᑦ ᐊᓐ ᑭᕐᑦ ᑭᕐᑦ ᒪᒃ ᒐᐱᓂᐱᖅᐃᑦ ᐊᓐ ᑲᐱᓯᑦ ᑭᕐᑦ.
5. ᒐᐱᖅᑕᐱᕐᑭᖅᐊᒥᓐ ᒋᕐᐱᕐᒐᓐᐊᓂᖅᑦ 350 ᐊᐃᖅᑏᑦ ᐸᑐᕐ ᒋᔪᑕᒐ ᐊᓐ ᒥᒋᒪ.

TUNA FISH CASSEROLE

Ingredients:

284ml	1 can (10 oz.) condensed cream of celery or mushroom soup
125ml	1/2 cup (125ml) milk powder
184g	1 can (6.5 oz.) tuna, drained and cut up into bite size pieces (flaked)
284ml	1 small can (10 oz.) of peas
	bread crumbs

Method:

1. Mix soup and milk in baking dish.
2. Stir in tuna and peas.
3. Sprinkle top with bread crumbs.
4. Bake in a moderate oven 375°F (190°C) about 25 minutes.

Adapted from: Foods for Health Student Handbook
Foods for Health Teaching Aids

ᐋᐃᑖᐱᑦᑭᖕᐃᒐᓄᑦ ᓂᒪᑦ ᐋᖕᐋᑎᖅᑦ ᑐᓇ ᑲᐃᓯᓂᖕᑲᓯᑦ

ᐊᓐ ᒐᓐᑲᓐ ᐃᔭᐱᑎᖕᒐᑦ:

ᑮᓄᖅ ᐱᓐᔭᑦᑯᑦ ᒪᖅᑭᒻ ᑭᔭ ᒪᓐ ᓴᓂᓇ ᖅᑦ

ᐋᐱᖕᑑ ᒥᓂᓐᑲᑭᓐ ᑲᑦᖕᑯᓯᑦ ᑑᑑᓱᓇᐳᐃ

ᑮᓄᖅ ᐱᓐᔭᑦᑯᑦ ᓂᒪᑦ ᑐᓇ, ᐋᓱᖕᑲᑦᖕᒋᐱᖕᐋᑭᓇᑦ ᑭᔭ ᐋᐱᓐᔭᑭᓇᑦ

ᑮᓄᖅ ᐋᖕᐋᐱᔭᓱᒐ ᐱᓐᔭᐱᑦᑯᑦ ᐱᑦ

ᐋᐱᓂᐱᑦ ᐱᓐᔭᔭᐃᖕᑯᓇᑦ

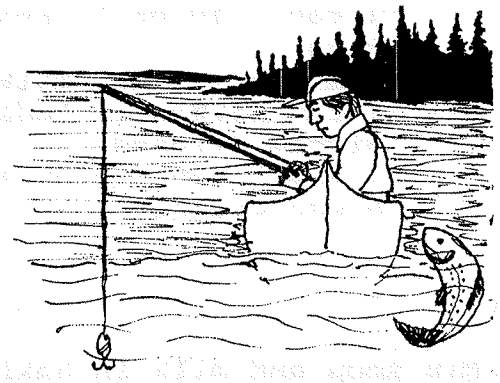
ᐊᓐᑖ ᒐᑐᑖᑭᓇᒐᑦ:

1. ᒐᒪᒧᑖᔭᑦᑯᖕᐋᒥᓐ ᖅᑦ ᑭᔭ ᑑᑑᓱᓇᐳᓐ
2. ᒐᐱᒋᑦᑎᓂᑦ ᐊᓐ ᓂᒪᑦ ᑭᔭ ᐱᑦᓐ
3. ᒐᐱᓂᐱᖕᐃᑦ ᐊᓐ ᐱᓐᔭᔭᐃᖕᑯᓇᑦᐊᓐᑦ ᑎᖕᑯᖕᒐᓐ
4. ᒐᐱᖕᑖᐱᑦᑭᖕᐋᒥᓐ 375 ᐋᐃᖕᑎᑦ ᒋᔭᐱᑦᒐᓐᐋᓐ ᓅᑦᑎᓇ ᓂᔭᓐᓂᑦ ᒥᓂᑯᖕ ᐃᖕᐱᖕᓐ

FISH LOAF

Ingredients:

500ml	2 cups cooked fresh fish, cut up into bite size pieces (flaked)
250ml	1 cup bread crumbs
2ml	1/2 tsp. salt
1ml	1/4 tsp. paprika
1	1 small onion, diced
7ml	1/2 tbsp. parsley flakes
5ml	1 tsp. lemon juice
2	2 eggs
125ml	1/2 cup milk



Method:

1. Mix all the ingredients together. More milk may be added if the fish is dry.
2. Put ingredients in a buttered baking dish, cover.
3. Cook in a 350°F (180°C) oven for 50 minutes.

Note: Canned fish such as tuna or salmon can be used instead of fresh fish

Adapted from: Foods for Health Student Handbook
Food for Health Teaching Aids

ᓄᒫᑦ ᐋᐱᖅᑕᐱᑦᑭᖅᑐᑦ

ᐊᓐ ᒫᓐᑲᓐ ᐃᔭᐱᑎᖅᑐᖅ

ᓂᕈ ᒥᓂᖅᑲᑭᓐ ᐋᑲᖅᑐ ᐋᒋᐱᖅᐋᑭᑦ ᓄᒫᑦ ᑭᔭ ᐋᖅᑎᑭᓯᑦ, ᐋᐱᓐᓱᑭᑦ
ᐋᓐᓯ ᒥᓂᖅᑲᑭᓐ ᐋᐱᓂᐱᑦ ᐱᓐᔭᔭᐃᖅᑯᓐᑦ
ᐋᐱᖅᑑ ᐋᒥᖅᑲᓂᖅ ᒍᐅᖅᑕᑭᓐ
ᐋᓐᑯᓂᑲᑯᔭᓐ ᐋᒥᖅᑲᓂᖅ ᐊᑉᓇᑲ
ᐋᓐᓯ ᐋᖅᐋᓱᓂᖅ ᓐᐃᑭᖅᓯ, ᐋᖅᑭᒋᖅᒫᓂᑭᑦ

ᐋᖅᑑ ᑲᒥᓯᒋᖅᑎᖅ ᐋᒥᖅᑲᓐ ᐋᐸᖅᑕᖅ ᐊᖅᓯᒫ
ᐋᓐᓯ ᐋᒥᖅᑲᓂᖅ ᓗᒥᓐ ᒍᖅ
ᓂᕈ ᓐᐋᖅ
ᐋᖅᑑ ᒥᓂᖅᑲᑭᓐ ᑑᑑᓂᐅᐅᐃ

ᐊᓐᑕ ᐋᖅᑐᑎᑭᑦᑭᖅ:

1. ᒫᒪᒫᖅᑕᐃᓐ ᒥᓯᓐᐋ ᒫᓐᑲᓐ ᑭᔭ ᐊᑎᑐ ᒥᖅᑎ ᒋᑭᒋᐱᒋᖅᑎᓐᑦ ᑑᑑᓂᐅᐅᐃ ᓐᐋᖅ ᐊᖅᑯᓯᒫ ᓄᒫᖅ.
2. ᐋᒋᑐᒥᓂᒥᓐ ᐱᑦ ᐋᒋᖅᐋᐱᖅᐃᑦ ᐋᑯᑦ ᒫᐱᒋᖅᑎᓂᒥᓐ ᑭᔭ ᒫᑯᖅᓂᒋᓐᐋᖅᒥᓐ.
3. ᒫᐱᖅᑕᐱᑦᑭᖅᐋᒥᓐ 350 ᐋᐃᖅᑕᑦ ᒋᔭᐱᖅᒫᓐᐋᓐ ᓂᔭᐊᒥᑎᓐ ᒥᓂᑯᖅ ᐃᖅᐱᖅ.

ᐋᑲ ᑕᒫ ᐋᐅᖅᒋᒋᑦ ᓄᒫᖅ ᐱᓐᔭᐱᖅᑯᑎᖅᖅ ᐋᐃᖅᑕᑦ ᑐᓐ ᑭᔭ ᒫᖅ ᒫᖅᒫ ᐋᐅᓐ ᒫᒋᖅᐋᐱᖅᐃᑦ.

FISH BURGERS

Ingredients:

500ml	2 cups cooked or canned fish
500ml	2 cups mashed potatoes (without milk)
1	1 onion, chopped
	Parsley
	salt and pepper
1	1 beaten egg
50ml	1/4 cup milk
	dried bread crumbs

Method:

1. Mix fish, potatoes, onion, parsley, salt and pepper together.
2. Make patties and soak into the egg beaten with milk. Coat with dried bread crumbs.
3. Place burgers on a cookie pan and cook in a 350°F (180°C) oven for 45 minutes.

ᓂᒪᔅ ᐃᕿᕐᓂᑦ

ᐊᓐᓕᓐᑲᓐ ᐃᔭᐃᑎᖅᑕᑦ:

ᓱᓕ ᒥᓂᖅᑲᑭᓐ ᐋᖅᑎᑭᔫᑦ ᑭᔭ ᒪᑦ ᐲᓐᔭᐱᔅᑯᑎᖅᑕ ᐋᐃᖅᑖᑦ ᓂᒪᔅ

ᓱᓕ ᒥᓂᖅᑲᑭᓐ ᐋᐱᒥᔅᑭᖅᐃᑭᓗᑦ ᐱᑖᑎᔅ ᐋᑲᑦ ᐋᐱᑎᔫᑦ ᑑᑑᓱᓐᓗᐅᐃ

ᐋᓐᓂᑦ ᐅᐃᑭᔅᑦ ᐋᑭᐱᓱᑭᓗᑦ

ᐋᕐᓯᓛᑦ

ᑐᐅᖅᑖᑭᓐ ᑭᔭ ᐋᐋᑦ

ᐋᓐᓂᑦ ᐅᐋᑦ ᐋᑭᒥᔅᐳᖅᐃᑭᓗᑦ

ᐋᓐᓂᑦ ᓱᑲᑯᔭᓐ ᒥᓂᖅᑲᑭᓐ ᑑᑑᓱᓐᓗᐅᐃ

ᐋᐱᓂᐱᑦ ᐲᓐᕐᔭᐃᖅᑯᓐᑦ

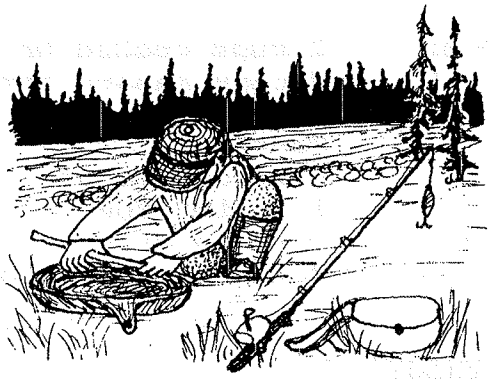
ᐊᓐᑖᑦ ᐋᖅᑐᑎᑭᓗᑦ:

1. ᒐᒪᒃᓂᒥᓐ ᓂᒪᔅ, ᐱᑖᑎᔅ, ᐅᐃᑭᔅᑦ, ᐋᕐᓯᓛᑦ, ᑐᐅᖅᑖᑭᓐ ᑭᔭ ᐋᐋᑦ.
2. ᒐᒥᔅᐳᖅᐋᒥᓐ ᐅᐋᑦ ᑭᔭ ᑑᑑᓱᓐᓗᐅᐃ. ᒐᓐᐊᐅᔭᓂᑦ ᑭᔭ ᒐᓂᐱᒥᓂᑦ ᐊᓐ ᓂᒪᔅ ᐃᔭᑦ ᒐᐊᑯᖅᑭᒥᑦ ᐊᓐᑦ ᐅᐅᖅᑖᔅ ᑭᔭ ᑑᑑᓱᓐᓗᐳᖅᑖᔅ, ᒐᓐᑲᖅᑖᑲᑎᓂᑦ ᐊᓐᑦ ᐲᓐᕐᔭᐃᖅᑯᓐᑦᑖᔅ.
3. ᐋᖅᑖᖅᑖᓐᑲᔅ ᐋᐃᖅᑯᓐᐅᔭᑭᓐ ᒐᐊᐱᒥᖅᑖᐃᓐ ᑭᔭ ᒐᐲᖅᑖᐱᔅᑭᖅᐋᒥᓐ 350 ᐋᐃᖅᑖᑦ ᒋᕐᐱᔅᒐᓐᐋᓐ ᓇᒥᑎᓗ ᓂᔭᔅᔭᑦ ᒥᓂᑯᔅ ᐃᔅᐱᔅ.

BARBECUED FISH FILLETS

Ingredients:

1kg	2 pounds fresh fish fillets
125ml	1/2 cup melted butter
30ml	2 tbsp. lemon juice
50ml	1/4 cup tomato catsup
5ml	1 tsp. Worcestershire sauce
2ml	1/2 tsp. mustard
30ml	2 tbsp. finely chopped onion
	Parsley
	salt



Method:

1. Place fillets on a greased broiler pan.
2. Combine butter, lemon juice, catsup, Worcestershire sauce, mustard, salt and onion.
3. Heat the mixture and pour over the fillets.
4. Place under pre-heated broiler 2 to 4 inches from the source of heat.
5. Broil fish on one side only, allowing 10 minutes broiling time per inch thickness of fish.
6. Garnish with parsley. Serves 6

Adapted from: Northern Cookbook. Eleanor A. Ellis

ᓂᒪᔅ - ᐅᒃᑭᐧᐊᒃ - ᐊᐃᒃᑖᐱᔅᑭᒃᐧᐊᑭᓐᑦ

ᐊᐧᒪᐧᑲᐧ ᐃᔭᐱᑎᒃᑦ:

ᓂ ᑎᑉᐸᔅᑯᒋᑭᐧ ᓂᒪᔅ ᐅᒃᑭᐧᐊᒃ

ᐊᐱᒃᑑ ᒥᓂᒃᐧᑲᑭᐧ ᐊᒋᒃᑎᒃᒋᓱᑦ ᐱᑦ

ᓂ ᑲᒥᓱᒋᔅᑎᐧ ᐊᒥᒃᐧᑲᐧ ᓗᒥᐧ ᑑᔅ

ᐸᐅᐧ ᓱᑲᑯᔭᐧ ᒥᓂᒃᐧᑲᑭᐧ ᑫᒪᑉ

ᐸᐅᐧ ᐊᒥᒃᐧᑲᓂᔅ ᐧᐃᔅᑎᔅᑑᔅ ᐧᔅᔅ

ᐊᐱᒃᑑ ᐊᒥᒃᐧᑲᓂᔅ ᒪᔅᑎᔅᑦ

ᓂ ᑲᒥᓱᒋᔅᑎᐧ ᐊᒥᒃᐧᑲᐧ ᓈᔅᐧ ᐊᒋᐱᔅᑭᓐᐧ ᐧᐃᑭᔅᐧ

ᐸᔅᓱᓐ

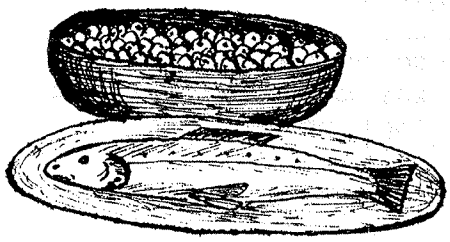
ᑑᐅᒃᑖᑭᐧ

ᐸᐅᐧᑖ ᒐᑑᑎᑭᓐᐧ:

1. ᐊᒋᑑᒪᐱᔅᒋᓂᑭᓂᐧᐃᐧ ᐊᑯᑦ ᒐᐱᒋᔅᑎᓂᑦ ᐊᐧ ᓂᒪᔅ ᐅᒃᑭᐧᐊᒃ.
2. ᒐᒪᒧᒃᐊᒥᐧ ᐱᑦ, ᓗᒥᐧ ᑑᔅ, ᑫᒪᑉ, ᐧᐃᔅᑎᔅᑑᔅ ᐧᔅᔅ, ᒪᔅᑎᔅᑦ, ᑑᐅᒃᑖᑭᐧ ᑭᔭ ᐧᐃᑭᔅᐧ.
3. ᒐᒋᓱᒥᐧ ᑭᔭ ᒐᑯᑎᐱᓂᒥᐧ ᐊᐧᑦ ᓂᒪᔅ ᐊᐃᒃᑖᑦ.
4. ᑭᔅᐧ ᑭᔭ ᒐᐊᐱᒃᐅᑦ ᒋᔅᐱᔅᒐᐧᐊᐧ ᒐᐅᐧ ᐊᓂᔭ ᐊᒋᓱᑖᓂᒃᐊᑭᓐᑦ. ᐊᐧᑦ ᒪᔅ ᐊᐅᒋᒋᓱᑦ ᓂ ᑭᔭ ᒪᔅ ᓈᔅ ᒥᒋᒃᒋᐧ ᒋᑭᔅᐱᔅᐱᒃᑐᒃᐊᔅ ᓂᒪᔅ.
5. ᓂᒥᑯᐧᑲᔅᑭᒃᐊᔅ, ᒥᑖᒃᑐ ᒥᓂᑯᔅ ᒐᑎᑭᓱᑦ ᐊᓂᔭ ᐸᐅᐧ ᒥᒋᒃᒋᐧ ᐊᐃᔅᐱᓱᒋᔅᐱᒋᔅᑦ.
6. ᑎᑭᓱᒐ ᐸᔅᓱᓐ ᐅᔅᐧ ᒐᐱᒋᔅᑎᓂᒥᐧ. ᑯᐧᑖᔅᐧ ᐊᐧᐊᐧᑦ ᑭᑏᔅᐱᔅᐧ ᐊᒐᑎᓂᒧᐧᐊᑭᓂᐅᐧ.

BLUEBERRY FISH PUDDING

Ingredients:



1	1 fresh fish
	water
	salt
500ml	2 cups blueberries

Method:

1. Cook the fish into boiling salted water.
2. After fish is cooked, remove skin and bones.
3. Mix the fish with blueberries.
4. Stir, and it is ready to eat.

Note: Any kind of berries can be used in this recipe

Adapted from: Northern Cookbook. Eleanor A. Ellis

ᕐᑯᒥᓐ

ᐊᓐ ᒐᓐᑲᓐ ᐃᔭᐱᑎᖅᑐᑦ:

ᓱᕈᓐ ᐊᐅᔅᒋᓯᑦ ᓂᒪᔅ

ᓂᐱ

ᕐᐅᖅᑖᑭᓐ

ᓲᔪ ᒥᓂᖅᑲᑭᓐ ᐃᓕᒥᓐ

ᐊᓐᑖ ᐊᖅᑐᑖᑭᓅᑦ:

1. ᒐᐱᑲᖅᐃᑦ ᐊᓐ ᓂᒪᔅ ᓂᐱᖅᑦ ᕐᐅᖅᑖᑭᓐ ᐊᒋᐱᒋᔅᑎᓂᒥᓐ.
2. ᑎᑭᓯᒐ ᐊᓐ ᓂᒪᔅ ᒐᒥᓂᑦ ᐅᕐᒋᑭ ᑭᔭ ᒐᐅᑎᓂᒥᓐ ᐅᔅᑭᓐᖅ.
3. ᒐᐱᒋᔅᒋᓂᑦ ᐊᓐ ᓂᒪᔅ ᑭᔭ ᒐᐱᒋᔅᑎᓂᒥᓐ ᐊᓂᖅᐃ ᐃᓕᒥᓐ.
4. ᒐᕐᑯᒪᐱᖅᑖᐃᓐ ᐊᓂᖅᐃ ᒥᓂᔅ ᐊᓐᑖ ᐃᔅ ᓂᒪᔅ ᐊᐃᖅᑖᑦ, ᐊᓐ ᓵᔅ ᒋᑭᒋᒥᒋᓇᓅᓐ.

ᒥᓐ ᐊᐃᕐᓇᓐᑯᖅᖅ ᒥᓂᔅ ᒋᑭᒐᖅᐊᐱᑎᓐ.

PEMMICAN

Ingredients:

Dried fish or meat
lard or any other animal fat
berries (optional)

Method:

1. Pound the dried fish or meat and make a nice powder.
2. Melt the fat. Put it in the powder and mix.
3. Add berries, if desired.

ᐱᒥᖕᑲᓐ

ᐊᓐ ᒐᓐᑲᓐ ᐃᔭᐱᑎᖕᒡ

ᐹᔅᑕᐅᒥᒋᒪ ᓂᒪᔅ ᑭᔭ ᒪᒃ ᓐᐃᔭᔅ

ᒥᐸᐱᒥ ᑭᔭ ᐃᖕᒡ ᐊᐃᓱᓐᑯᖕᒡ ᐱᒥ

ᒥᓂᔅ ᓐᐊᖕᐊᐱᒋᖕᑕᒐ ᑭᓐᐹ ᐊᓐᐊᓐ

ᐊᓐᑕ ᐊᖕᑐᑕᑭᓐᒡ

1. ᒐᐹᖕᐃᒐᐃᓐ
2. ᒐᑎᖕᒋᔅᒥᓐ ᐊᓐ ᐱᒥ ᑭᔭ ᒐᑯᑎᐱᓂᒥᓐ ᐊᓐᑦ ᐹᖕᐃᑭᓂᖕᒡᒡ
3. ᒐᐱᒋᔅᑎᓂᒥᓐ ᒥᓂᔅ ᓐᐃᐱᒋᔅᑎᓂᒥᓐ

STUFFED PTARMIGAN IN THE OVEN

Ingredients:

2	2 ptarmigans
1	1 onion finely chopped
375ml	1 1/2 cup bread crumbs
50ml	1/4 cup butter or margarine
2ml	1/2 tsp. salt
2ml	1/2 tsp. poultry seasoning (if desired)
5ml	1 tsp. savory
125ml	1/2 cup dried raisins

Method:

1. Clean, pluck the ptarmigans, cut the feet and the wings off.
2. Brown the ptarmigans in 1/4 cup butter for about 1 1/2 minute.
3. Mix all the ingredients together. Stuff the birds with the mixture.
4. Wrap the birds individually in foil paper and put them into a roaster at 375°F (190°C) for 1 hour or more.
   Open the foil paper and put the oven at broil and let roast for about 15 minutes more.

Adapted from: Great Whale River Community Cookbook

ᐃᔭᑦ ᐋᐃᓐᑕᐱᓯᒋᓐᐋᒋᓗᑦ

ᐊᓐ ᒐᓐᑲᓐ ᐃᔭᐱᑎᓐᒡ:

ᓵᓕ ᐱᔭᐅᒡ

ᐋᓐᐊᒋᓐᑲᓂᓐ ᓴᓇᓗ

ᐋᓐ ᐊᑉᑭᓐᐊ ᐋᐃᓱᒋᓗᒡ

ᐋᐱᑑ ᒥᓂᑦᑲᒋᓐ ᑲᒥᓯᒋᓐᑎᒡ ᒥᓂᓱᒡ

ᐋᓐ ᒥᓐ ᐋᐱᑑ ᒥᓂᑦᑲᒋᓐ ᐋᐃᓯᐃᑦ ᐃᓐᓴᔭᐃᑦᑯᓇᑦ

ᐋᓐ ᓱᑲᑯᔭᓐ ᒥᓂᑦᑲᒋᓐ ᐱᑦ

ᐋᐱᑑ ᐋᒥᑦᑲᓂᓐ ᓱᐅᑦᑕᒋᓐ

ᐋᐱᑑ ᐋᒥᑦᑲᓂᓐ ᐱᔭᓱᑦᒡ ᑲᐱᒋᓐᑎᓂᒋᓗᒡ - ᐳᓐᑦᓇ ᓱᓯᓂᓐᒡ

ᐊᓐᑕᑦ ᐋᑦᑐᑕᒋᓗᒡ:

1. ᒐᒥᒥᓯᑦᑯᓐᑕᑦ ᐊᓐᒋ ᐱᔭᐅᒡ ᒋᔭ ᒐᒥᓂᓱᒥᓐ ᐅᓯᑦ ᒋᔭ ᐅᑎᑦᑯᓐᓗ
2. ᐋᐃᓐ ᒥᓐ ᐋᐱᑑ ᒥᓂᑯᓐ ᒐᓴᓴᓐᒋᑦᑲᑎᓐᑕᑦ ᐊᓐᒋ ᐱᔭᐅᒡ ᐊᐱᓱᓐ ᐋᑦᑲᑦᒥᒋᒋᓂᒡ ᒐᑐᑐᓐᑕᑦᓗ
3. ᐃᑦ ᐋᑦᐋᐱᒋᑦᐃᑦᓗ
3. ᒐᒐᓗᓂᒥᓐ ᒥᓯᓐᐋ ᒐᓐᑲᓐ ᒋᔭ ᒐᐱᑎᑦᐋᒥᓐ ᐊᓂᔭ ᐱᔭᐅᒡ ᐋᐃᑦᑕᒡ ᐃᑦᒡᓗ
4. ᐋᑦᐋᐅᒡ ᒐᓐᐋᐋᒋᓂᓐᑕᑦ ᑲᐊᓯᓂᑦᑲᓗᒡ ᐋᑦᐋᐱᒋᑦᑕᐃᓐ, ᐃᔭᒡ ᒐᐊᓯᓐᐃᓐᑕᑦ ᒐᓐᑲᓂᑦᒡᓗ
   ᒐᐃᑦᑕᐱᓯᒋᑦᐅᓐᑕᑦ 375 ᐃᑦᑏᑦ ᒋᔭᐱᓐᒐᓐᐋᓐ ᐋᐅᑦᑲᑦ ᐋᒋᓂᓐᑲᓂᑦᑕᑦ ᐱᓯᒧᑦᑲᓐ ᒋᔭ ᒐᒡ
   ᐊᑎᐅᓗ
   ᒐᐋᐅᑦᓐᐋᔭᒋᓂᓐᑕᑦ ᒋᔭ ᐊᓂᔭ ᒐᐅᒡ ᐋᒋᓱᑕᓂᑦᐋᒋᓐᑦ ᒋᔭᐱᓐᒐᓐᐋᓐ ᐋᑯᑦ ᒐᑎᑦ ᓂᔭᓐᔭᑦ
   ᒥᓂᑯᑦ ᒥᓐ ᒐᑎᓐᑕᑦ ᐊᓐᑕ ᒋᔭᐱᓐᒐᓂᑦᒡᓗ

TOMATO SAUCE WITH PTARMIGAN MEAT

Ingredients:

3	3 ptarmigans
1	1 big onion, chopped
250ml	1 cup(250ml) diced celery
1/2	1/2 green pepper
2	2 cans tomatoes
50ml	4 tbsp.tomato paste
1	1 bay leaf
2ml	1/2 tsp. garlic salt
	pepper
30ml	2 tbsp. oil

Method:

1. Pluck and clean the ptarmigans. Put the meat in a heavy pan. Add cold water, covering the meat.
2. Bring to a boil and simmer for 1 hour. Let cool.
3. Take the meat off and cut it into small pieces.
4. In a deep pot, heat oil and fry onions, celery and green pepper until tender.
5. Add meat, canned tomatoes, tomato paste, bay leaf, garlic salt and pepper. Let simmer for 30 minutes.
6. Eat with cooked rice or spaghetti. Serves 6-8.

Adapted from: Great Whale River Community Cookbook

ᐱᔭᐅᒃ ᑎᒪᑐ ᐧᕐᕋᒃ ᕐᒥᐊᑎᒃ

ᐊᐧᒃ ᒫᐧᑲᐧ ᐃᔭᐱᑎᒃ:

ᓂᐧᑐ ᐱᔭᐅᒃ	ᓈᒃ ᑲᒥᓯᒋᑎᒃ ᐊᒥᐧᑲᐧ ᑎᒪᑐ ᐯᐧᑦ
ᐋᐅᐧ ᐧᐃᑭᐧᐧ ᐊᒋᐱᔪᑭᓗᒃ	ᐋᐅᐧ ᐯ ᓵᓴ
ᐋᐅᐧ ᒥᓂᐧᐧᑲᑭᐧ ᐊᒋᑭᒫᐧᒋᔪᑭᓗᒃ ᓴᓕᓈ	ᐊᐱᐧᑑ ᐊᒥᐧᐧᑲᓂᐧ ᑲᐧᓕᒃ ᔫᐅᐧᒥᑭᐧ
ᐊᐱᐧᑑ ᐧᓈᐧ ᐯᐱᐧ	ᐋᐋᐧ
ᓵᓴ ᐱᐧᔭᐱᐧᑯᑦ ᑎᒪᑐᒃ	ᓵᓴ ᑲᒥᓯᒋᑎᒃ ᐊᒥᐧᑲᐧ ᐱᒋ

ᐊᐧᒥ ᐊᐧᑐᑎᑭᓗᒃ:

1. ᒫᐱᐧᑯᓂᐧᒥᐧ ᑭᔭ ᒫᒥᒥᓇᐧᑯᐧᒥᐧ ᐱᔭᐅᒃ. ᐊᒋᐧᐱᑲᐱᐧᑲᒃ ᐊᐧᒋᐧᐧ ᐊᐧᐊᐱᒋᐧᒥᐃᐧ ᐊᑯᑦ ᒫᐱᑲᐧᐃᐧᒥᐧ ᐊᐧᒋᐧ ᐱᔭᐅᒃ ᓂᐱᐧᐧ,ᒫᐊᑯᐧᒋᓈᕐᒋᐧᐃᐧᒥᐧ.
2. ᐃᐧᑯᑎᒃ ᐅᐧᒥᒫ ᒫᐊᑑᓂᑦ ᒋᔮᐱᐧᒫᐧᐊᐧ ᒥᐧ ᕐᐧᑲᒃ ᒫᐅᓯᐧᒥᐧ ᐋᒋᓂᐧᑲᓂᐧᒥᐃᒃ ᐱᓯᒧᐧᑲᐧ ᐃᔭᐧ ᒫᒋᐳᐧᐅᑦ ᒋᔮᐱᐧᒫᐧᐊᐧ ᒫᐊᑎᐧᑲᒃ ᐊᐧ ᒋᒋᒃ.
3. ᒫᒥᓂᒥᐧ ᐊᐧ ᐋᐅᔭᔫᒃ ᑭᔭ ᒫᐱᒥᐧ.
4. ᐊᑑᒥᔭᒃ ᐊᐧᒋᐧᐧ ᐋᐧᐋᐱᒋᐧᒥᐃᐧ ᒫᔮᔮᐧᒋᐧᐧᑲᑎᒥᐧ ᐊᐧ ᐧᐃᑭᐧᐧ ᐱᒋ ᐋᐧᐋᐱᒋᐧᒥᐃᐧ ᑭᔭ ᐊᐧ ᓴᓕᓈ ᑭᔭ ᐧᓈᐧ ᐯᐱᐧ ᐋᑐᐧ ᑭᐧᒥᐧᑲᐧᐋᐧ.
5. ᐋᐊᒥ ᒫᐃᔪᐱᒋᐧᑎᓂᒥᐧ ᐊᐧ ᐧᐃᔭᐧ, ᑎᒪᑐᐧ, ᑎᒪᑐ ᐯᐧᑦ, ᐯ ᓵᓴ, ᑲᐧᓕᒃ ᔫᐅᐧᒥᑭᐧ ᑭᔭ ᕐᕐᒥᐧ. ᕐᐧᑲᒃ ᒫᐅᓯᒥᐧ ᓂᐧᑐᒥᑎᓗ ᒥᓂᐊᐧ ᐃᐧᐱᐧ.
6. ᐅᐧᐧᑲᔪᒃ ᑭᔭ ᒫᒃ ᐧᐱᑫᑏ ᒫᐊᐧᑎᐧᑎᑭᓗᒃ. ᐊᐧᒋᐧᒃ ᑭᔭ ᒫᒃ ᓂᔭᓈᓈᐧ ᑭᑏᐧᐱᔫᒃ ᐊᐧᐋᐧᒋᐧ.

RABBIT STEW WITH DUMPLINGS

Ingredients:

1	1 rabbit
	water
5ml	1 tsp. salt
125ml	1/2 cup oats, rice or barley
	pepper

Method:

1. Skin, clean and cut up the rabbit.
2. Place the meat in a heavy pan. Add salt, pepper and cold water, covering the meat.
3. Cover and simmer the stew for 2 hours.
4. Fifteen (15) minutes before dinner, add dumplings (see recipe on p. 121.

Note: Vegetables can be added to the stew

ᐸᐧᐅᐣ ᐳᒋᓂᓱᒃ

ᐊᐧ ᒐᐧᑲᐧ ᐃᔭᐱᑎᖅᒃ:

ᐹᓯᑯ ᐧᐊᐅᐣ

ᓂᐱ

ᐹᓯᑯ ᐊᒥᖅᐧᑲᓂᐣ ᔕᐅᖅᑕᑭᐧ

ᐊᐱᖅᑑ ᒥᓂᖅᐧᑲᑭᐧ ᐃᓅᒥᓂᒃ, ᐅᐣᐧᑲᓱᒃ ᑭᔭ ᒐᒃ ᐹᐧᑦ

ᐹᐹᐧ

ᐊᐧᑕ ᒐᑐᑕᑭᓅᒃ:

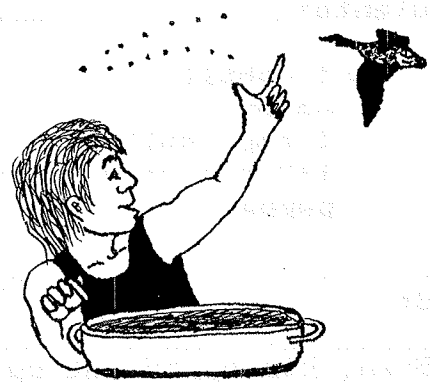
1. ᒐᐱᖅᑯᓂᑦ ᑭᔭ ᒐᐱᑯᓐᑦ ᐧᐊᐅᐣᓗ
2. ᐊᒋᐧᐱᑲᐱᐧᑲᒃ ᐊᐧᒋᖅᑯ ᐊᖅᐊᒋᖅᑕᐃᐧ ᐊᑯᑦ ᒐᐱᑲᖅᐃᑦ ᐊᐧ ᐧᐊᐅᐣ ᑭᔭ ᐊᐧ ᔕᐅᖅᑕᑭᐧ, ᐹᐹᐧᓗ ᒐᐊᑯᐧᒋᓇᐹᒋᖅᑕᐃᐧᓗ
3. ᒐᑯᓂᖅᒋᐧᐊᖅᐊᒥᐧ ᑭᔭ ᐹᖅᑲᒃ ᒐᐅᓯᒥᐧ ᓃᐧᓱᐧ ᐊᒋᓂᐧᑲᓂᖅᑕᑦ ᐱᓯᒧᖅᑲᐧᓗ
4. ᓂᔭᓱᑦ ᒥᓂᑯᐣ ᐊᐧᒐᔭ ᒐᑎᓂᐧᐊᐃᐧ ᒐᐱᑭᐣᑎᐧᐊᖅᐅᐧᑕᐧ ᐳᒋᓂᓱᒃᓗ

ᑯᑎᒃ ᑭᔭ ᒐᐧᑲᐧ ᒋᑭᒋᐱᒋᐣᑎᐧᐊᖅᐊᐧ ᐱᑕᑎᒃ, ᑲᑭᑦᒃ ᑭᔭ ᑯᑎᒃ ᒐᐧᑲᐧᓗ

GOOSE STEW WITH DUMPLINGS

Ingredients:

1	1 whole goose
1	1 chopped onion
4	4 potatoes, in pieces
4	4 carrots, in pieces
125ml	1/2 cup diced celery
30ml	2 tbsp. fat
1L	4 cups water
15ml	1 tbsp. lard



Method:

1. Clean and pluck the goose. Cut the bird into 8 pieces and take the fat off.
2. Melt the fat in a deep casserole or roasting pan. Add the meat, brown on every side.
3. Add the chopped onion to the meat. Fry for another two minutes.
4. Add the water and simmer for 1 hour.
5. Add all the vegetables.
6. Let simmer for another half hour.
7. During the last fifteen (15) minutes, add dumplings (see recipe on p.121).Cover.

Adapted from: Great Whale River Community Cookbook

ᓇᓴᐅᑦ ᑭᔭᒃ ᐳᒋᓂᓱᒃ

ᐊᓐᓇᒃᑲᓐᐃᔭᐃᑎᖕᒃ:

ᐋᓐᓄ ᓂᐅᒃ	ᐋᐱᖕᑑ ᒥᓂᖕᑦᑲᑭᓐ ᐋᑭᒋᖕᒐᓱᑭᓗᒃ ᓴᓂᓐ
ᐋᓐᓄ ᐋᒋᐱᓱᑭᓗᒃ ᑦᐃᑭᐅᒃ	ᓃᓂ ᑲᒥᓯᒋᐅᑎᒃ ᐋᒥᖕᑦᑲᓐ ᐱᔭᒃᐱᒥ
ᓈᑦ ᐱᑖᑎᒃ ᐋᒋᒐᑎᓱᑭᓗᒃ	ᓈᑦ, ᒥᓂᖕᑦᑲᑭᓐ ᓂᐱ
ᓈᑦ ᑲᑭᑦᒃ ᐋᒋᒐᑎᓱᑭᓗᒃ	ᐋᓐᓄ ᑲᒥᓯᒋᐅᑎᒃ ᐋᒥᖕᑦᑲᓐ ᐋᐃᖕᑯᓈᑦ ᐱᒥᑦ

ᐊᓐᑖ ᐋᖕᑐᑎᑭᓗᒃ:

1. ᒐᐱᖕᑯᓂᑦ ᑭᔭᒃ ᒐᒥᒥᓯᖕᑯᑦ ᐊᓐ ᓂᐅᒃ. ᓂᔭᓈᑦ ᑎᖕᑑᐃᒃ ᒐᐃᑎᓪᑦ ᑭᔭᒃ ᒐᒥᓂᒥᓐ ᐅᐱᒥᔫ.
2. ᒐᑭᓯᒥᓐ ᐊᓂᖕᐃ ᐅᐱᒥᔫ ᐋᒍᑖᔭᒃ ᐊᑦᒋᖕᑦ ᐋᖕᐋᐱᒋᖕᑖᐃᓐ. ᐋᑯᑦ ᒐᖕᑦᑲᒋᑦᑎᑭᓯᑦ ᓂᐅᒃ.
3. ᒐᐱᒋᑦᑎᓂᒥᓐ ᑦᐃᑭᐅᑦ ᑭᔭᒃ ᒋᓐ ᑦᐋᐃᐱᑦᒋᓐ ᒐᔅᔅᑦᒋᖕᑦᑲᑎᒥᓐ.
4. ᒐᑯᑎᐱᓂᒥᓐ ᓂᐱ ᑭᔭᒃ ᐹᖕᑦᑲᒃ ᒐᐅᓯᑦ ᐋᓐᓄᑦᑲᒃ ᐋᒋᓂᑦᑲᓂᖕᑖᑦ ᐱᓯᒧᖕᑦᑲᓐ.
5. ᒐᐱᒋᑦᑎᓂᒥᓐ ᐊᓐ ᒥᓯᑦᐋ ᒐᑦᑲᓐ.
6. ᒋᓐ ᐋᐱᖕᑑ ᐋᒋᓂᑦᑲᓂᖕᑖᑦ ᐱᓯᒧᖕᑦᑲᓐ ᐹᖕᑦᑲᒃ ᒐᐅᓯᒥᓐ.
7. ᓂᔭᔫᑦ ᒥᓂᑯᖕ ᐋᑦᒐᔭᒃ ᐊᑦᑲᓂᒥᓐ ᒐᐱᑭᖕᑎᑦᐋᖕᐅᑦᑖᒃ ᐳᒋᓂᓱᒃ. ᒐᑯᓂᖕᒋᑦᐋᖕᐋᒥᓐ.
ᐋᑯᑦ ᐅᑦ ᒥᓯᓂᖕᐃᑭᓂᖕᒃ ᒐᓯᓈᑖᒃ ᐊᑦᑖ ᐋᖕᑐᑎᑦᐋᑭᓂᐅᒃ ᐳᒋᓂᓱᒃ ᐋᐅᓱᖕᐋᑭᓂᐅᒃ.

CANADA GOOSE

Ingredients:

1	1 wild goose
50ml	1/4 cup oil
5ml	1 tsp. salt
1ml	1/4 tsp. pepper
50ml	4 tbsp. flour
2ml	1/2 tsp. tarragon
1ml	1/4 tsp. thyme
115g	1/4 pound salt pork or 6 strips bacon
125ml	1/2 cup butter
375ml	1 1/2 cup chicken broth

Method:

1. Pluck and draw the goose, then wash with salt and water. Rinse and pat dry inside and out.

2. Stuff the cavity with your favorite stuffing, and sew it up.

3. Rub the surface of the bird with salad oil.

4. Mix the flour, salt, pepper, tarragon and thyme and dredge the bird with this mixture. Sprinkle any remaining dredging mixture over the breast.

5. Lay the thick slice of salt pork or the bacon strips on the breast and tie in place with string.

6. Place the goose in an uncovered roaster and roast in a 325°F (160°C) oven until tender, allowing 30 minutes per pound (15 minutes per kg) roasting time.

7. Melt butter in a small pot, add the chicken broth and use it to baste the goose every 10 to 15 minutes during the cooking period.

8. Remove the salt pork or bacon for the last 15 minutes of cooking time to allow the breast to brown.

Adapted from: Northern Cookbook. Eleanor A. Ellis

ᐊᓐ ᒐᐧᑲᓐ ᐃᔭᐱᑎᑦᑐᐧ

ᐹᓕᑯ ᓂᐧᑊ

ᐹᓕᑯ ᓱᑲᑯᔭᓐ ᒥᓂᑦᐧᑲᑭᓐ ᐱᒥ

ᐹᓕᑯ ᐊᒥᑦᐧᑲᓂᐧ ᓱᐅᑦᑕᑭᓐ

ᐹᓕᑯ ᓱᑲᑯᔭᓐ ᐊᒥᑦᐧᑲᓂᐧ ᐹᐹᐧ

ᓐᐧ ᑲᒥᓯᒋᐧᑎᑊ ᐊᒥᑦᐧᑲᓐ ᐱᑦᐧᑲᓱᑭᓂᑊ

ᐊᐱᑦᑐ ᐊᒥᑦᐧᑲᓂᐧ ᑐᓇᐧᑲᓐ

ᐹᓕᑯ ᓱᑲᑯᔭᓐ ᐊᒥᑦᐧᑲᓂᐧ ᑕᐃᒪ

ᐹᓕᑯ ᓱᑲᑯᔭᓐ ᑯᑦᑯᐧ ᑭᔭ ᑯᐧᑕᐧᑊ ᑎᑦᑐ ᐹᓱᑯᑦᑯᓱᐧᐊᓐ

ᐊᐱᑦᑐ ᒥᓂᑦᐧᑲᑭᓐ ᐱᑦ

ᐹᓕᑯ ᒥᓐ ᐊᐱᑦᑐ ᒋᑦᑭᓐ ᒧᐧᑭᒥ

ᐊᓐᑕ ᒐᑐᑕᑭᓐᑊᐧ

1. ᒐᐱᐧᑯᓂᑦ ᑭᔭ ᒐᒥᒥᔪᑦᑯᑦ ᓂᐧᑊ, ᒐᒋᓯᔭᐸᐧᐃᑦ ᓂᐱ ᑭᔭ ᓱᐅᑦᑕᑭᓐ ᐊᑦᐊᐱᒋᑦᑕᐃᓐ ᒐᒋᓯᔭᐸᐧᐃᑦ ᑭᔭ ᒐᐸᑦᑯᑦᐅᑦ ᐊᓐᑦ ᐅᐧᑊ ᑭᔭ ᐊᓐᑕ ᐱᑦᑊ
2. ᒐᐱᑎᑦᐊᒥᓐ ᐧᑕᐱᓐᑊ ᑭᔭ ᒐᑭᐧᒋᐧᑲᑎᑦ
3. ᒐᑐᑎᓂᑦ ᐅᐧᑊ ᐊᓐ ᐱᔭᑯ
4. ᒐᒐᒧᓂᒥᓐ ᐅᑦᐃ - ᐱᑦᐧᑲᓱᑭᓂᑊ, ᓱᐅᑦᑕᑭᓐ, ᐹᐹᐧ, 5ᓇᐧᑲᓐ, ᑭᔭ ᑕᐃᒪ, ᒐᓱᓂᑦ ᐊᓐ ᓂᐧᑊ ᐅ ᐊᑦᐊᐱᒋᑦᑕᐃᓐ ᑭᔭ ᒐᐱᓂᐱᑦᑕᐃᓐ ᐊᓐ ᐊᐧᑯᐱᑊ ᐊᓐᑦ ᐅᐧᑊ
5. ᐊᓐ ᑯᑦᑯᐧ ᐊᓐᑦ ᐅᐧᐸᑦᑊ ᒐᐊᑯᑦᐱᑎᑦ
6. ᒐᐱᑦᑕᐱᐧᑭᑦᐅᑦ ᐊᑲ ᑯᓂᑦᒋᐧᐊᑦᐅᑦ 325 ᐊᐃᑦᑏᑦ ᒋᐸᐱᐧᒐᐧᐊᓐ ᐹᑐᐧ ᑭᐧᐧᒍᒐ ᓂᐧᑐᒥᑎᓐ ᒥᓂᑯᐧ ᐃᐧᐱᐧ ᐹᓕᑯ ᑎᐹᐹᐧᑯᒋᑭᓐ
7. ᐊᑦᐊᐱᔭᓱᐧ ᐊᐧᒋᑯᑦᑊ ᐊᑦᐊᐱᒋᑦᑕᐃᓐ ᒐᑎᑦᒋᓯᑦ ᐊᓐ ᐱᑦ ᐃᔭᑯ ᒐᐱᒋᐧᑎᓂᒥᓐ ᒋᑦᑭᓐ ᒧᐧᑭᒥ
ᐊᐅᑯ ᒐᐊᐱᒋᑦᑕᐃᓐ ᐅ ᐊᓱᑯᒪ ᒥᑕᑦᑐ ᑭᔭ ᒪᑊ ᓂᔭᔪᔭᐸ ᒥᓂᑯᐧ ᐊᓕᒋᑎᒥᑦ ᐊᓐ ᓂᐧᑊ ᒪᐧᑲᐧᑊ ᐊᐱᑦᑕᐱᐧᑭᑦᐅᑦ
8. ᓂᔭᔪᔭᐸ ᒥᓂᑯᐧ ᐊᐧᒪᔭ ᐊᐧᑲᓂᑦ ᒐᐅᑎᓂᑦ ᐊᓐ ᑯᑦᑯᐧ ᒐᒥᔪᑦᑭᓯᑦ ᐊᓐᑦ ᐅᐧᐱᐸᑦᑊ

ROAST GOOSE WITH BREAD STUFFING

Ingredients:

1	1 wild goose
750ml	3 cups dried bread crumbs
75ml	1/3 cup diced celery
75ml	1/3 cup chopped onion
45ml	3 tbsp. butter or margarine
	salt pepper
2ml	1/2 tsp. seasoning (pinch of ginger, savory, thyme, nutmeg or sage)
3	3 slices bacon
250ml	1 cup water

Method:

1. Pluck and draw the goose, then wash with salt and water. Rinse and pat dry inside and out.
2. Cook onions and celery in butter until tender. Add cooked vegetables, seasoning, salt and pepper to bread crumbs.
3. Spoon lightly into bird. Lace opening with skewers and string. Place on rack in roaster.
4. Cover breast and legs with bacon. Add water.
5. Cover in an uncovered roaster and roast in a 325°F (160°C) oven until tender, allowing 30 minutes per pound (15 minutes per kg.).

ᓂᔅᑲ ᐊᐱᖅᑕᐱᔅᑭᖅᑭᓐᑦ ᐱᓐᔅᓴᔭᐃᖅᑯᓇᓐ

ᔅᑖᕕᓐᑲ ᐊᖅᐊᐱᑎᖅᑲ

ᐊᓐ ᒐᓐᑲᓐ ᐃᔭᐃᑎᖅᑲᓐ:

ᐹᓗᑯ ᓂᔅᑲ

ᓂᕐᑐ ᒥᓂᖅᓐᑲᑭᓐ ᐱᓐᔅᓴᔭᐃᖅᑯᓇᓐ ᐊᐱᓂᐱᑦ

⅓ ᒥᓂᖅᓐᑲᑭᓐ ᐊᑭᒋᖅᒐᓂᑭᓐᑲᒃ ᓴᓕᖅᓇ

⅓ᒥᓂᖅᓐᑲᑭᓐ ᓐᐃᑭᕐᑯ ᐊᒋᐱᓂᑭᓐᑲᒃ

ᓂᕐᑐ ᑲᒥᓯᒋᔅᑎᒃ ᐊᒥᖅᓐᑲᓐ ᐱᑦ

ᓂᐅᖅᑕᑭᓐ ᑭᔭ ᐹᐹᑦ

ᐊᐱᖅᑑ ᐊᒥᖅᓐᑲᓂᕐ ᒋᓐᒋᕐ, ᓴᐱᓇᖅ, ᑕᐃᒻ, ᓇᑦᑐᒃ ᑭᔭ ᒪᒃ ᓴᒃ

ᓂᕐᑐ ᐹᓂᑯᖅᑯᓂᓐᐊᓐ

ᐹᓗᑯ ᒥᓂᖅᓐᑲᑭᓐ ᓂᐱ

ᐊᓐᑕ ᒐᑐᑕᑭᓐᑲᒃ:

1. ᒐᐱᕐᑯᓂᑦ ᑭᔭ ᒐᒥᒥᓯᖅᑯᑦ ᐊᓐ ᓂᔅᑲᓐ ᒐᒋᕐᑕᓐᐹᓐᐃᑦ ᓱᓐᐊᐅᐃ ᐊᖅᐊᐱᒋᖅᑕᐃᓐ ᒐᑲᓯᓂᑦ ᐊᓐᑦ ᐅᕐᒃ ᑭᔭ ᐊᓐᑕ ᐱᖅᒃᓐ
2. ᒐᕐᓴᔅᒋᖅᓐᑲᑎᒥᓐ ᓐᐃᑭᕐᑯ ᑭᔭ ᓴᓕᖅᓇ ᐱᑦ ᐊᖅᐊᐱᒋᖅᐃᑦ ᐹᑐᕐ ᑭᔅᑕᓐᑲᓐᐊᓐ ᒐᒪᒧᓂᒥᓐ ᐅᖅᐃ ᐊᓐᑕ ᐃᕐ ᐱᓐᔅᓴᔭᐃᖅᑯᓇᓐ ᐊᐱᓯᐱᑦ ᐹᐅᖅᑕᑭᓐ ᑭᔭ ᐊᓐ ᒐᓐᑲᓐ ᒐᐱᒋᔅᑎᓂᒥᓐ ᑭᔭ ᐹᐹᑦᓐ
3. ᒐᐱᖅᑕᔅᑯᖅᐊᒥᓐ ᐊᑲᒃ ᑭᓐᐹ ᓯᒋᔅᑎᓂᑕᐃᓐ ᐱᖅᒃ ᓂᔅᑭᖅᒃᓐ ᒐᒋᓐᐹᔅᑭᖅᐅᑦ ᑭᔭ ᒐᐊᓯᓐᐃᑦ ᐊᓐᑦ ᒐᐱᖅᑕᐱᔅᑭᖅᐅᑦ ᐊᓂᒥᑯᐃᑦᓐ
4. ᐊᓐᑦ ᐅᔅᐱᔅᖅᒃ ᑭᔭ ᐅᓐᐹᒥᖅᒃ ᒐᐱᔅᑕᐹᑭᖅᐃᑦ ᐊᓐ ᑯᖅᑯᕐ ᑭᔭ ᒐᐱᒋᔅᑎᓂᒥᓐ ᓂᐱᓐ
5. ᒐᐱᖅᑕᐱᔅᑭᖅᐅᑦ ᐊᑯᓂᒋᓐᐊᖅᐅᑦ 325 ᐊᐃᖅᑏᑦ ᒋᔅᐱᔅᒐᓐᐊᓐ ᓂᕐᑐᒥᑎᓄ ᒥᓂᑯᕐ ᐹᓗᑯ ᑎᐹᐹᕐᑯᒋᑭᓐ ᐃᕐᐱᕐᓐ

MOOSE MEAT LOAF

Ingredients:

675g	1 1/2 pound ground moose meat
2ml	1/2 tsp. sage
10ml	2 tsp. Worcestershire sauce
1	1 egg
125ml	1/2 cup milk
1	1 small chopped onion
250ml	1 cup bread crumbs or oatmeal

Method:

1. Mix all the ingredients together.
2. Place in a greased loaf pan.
3. Bake in a 350°F (190°) oven for 1 hour.

Adapted from: Moose soup and other Northern Favorites
Medical Service Branch and the Hudson Bay Northern Stores

ᒍᑦ ᐸᕐᑐᑦ ᒍᕙ

ᐊᓐ ᒐᓐᑲᓐ ᐃᕐᐃᑎᒃᑯᑦ:

ᕿᓐᓄ ᑭᓐ ᐊᐱᒃᑑ ᐊᐱᕐᓗᒃ ᒍᒃᑯᕐᓗᑦ

ᐊᐱᒃᑑ ᐊᒥᒃᑐᓐᑲᓂᑦ ᓴᒃ

ᓱᓕ ᐊᒥᒃᑐᓐᑲᓂᑦ ᐅᐃᑦᑎᑦᑯᑦ ᐅᕐᓗᑦ

ᕿᓐᓄ ᐅᐊᒃ

ᐊᐱᒃᑑ ᒥᓂᒃᑐᑭᓐ ᑑᑑᓱᓇᐳᐃ

ᕿᓐᓄ ᐊᒃᐊᐃᓱᒃ ᐊᑭᐱᓱᑭᓗᒃ ᐅᐃᑭᑦᓄ

ᕿᓐᓄ ᒥᓂᒃᑐᑭᓐ ᐊᐱᓯᐱᑦ ᐱᐅᕐᕐᐃᒃᑯᓇᒃ ᑭᕐᑐ ᒐᒃ ᐊᓐᒥᓂᒃ

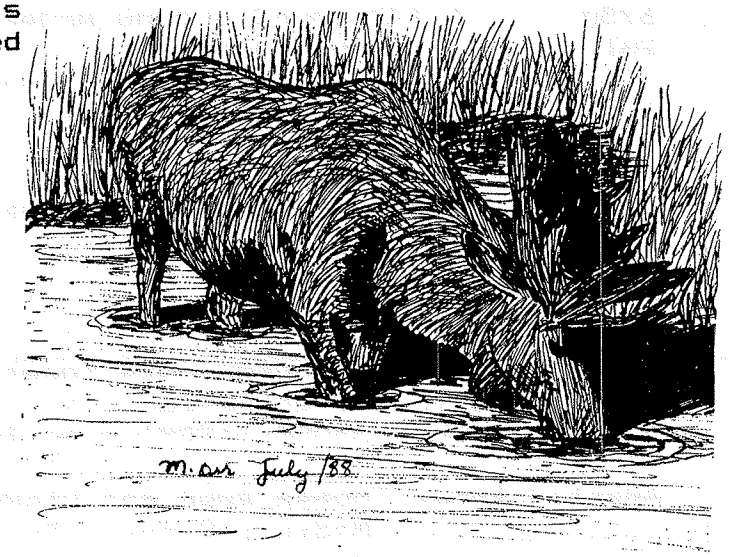
ᐊᓐᑖ ᒐᑐᑎᑭᓗᒃ:

1. ᒐᒃᒐᓂᒥᓐ ᒥᓯᐅᐊ ᒐᓐᑲᓐ.
2. ᒐᐱᒋᑦᑎᓂᒥᓐ ᐊᑭᑐᒐᐱᑦᒋᓂᒥᓐ ᐅᐃᕐᑭᓂᒃᑯᑦ.
3. ᒐᐱᒃᑖᐱᑦᑭᒃᐊᒥᓐ 350 ᐊᐃᒃᑎᑦ ᒋᕐᐱᑦᒐᐅᐊᓐ ᕿᓐᑲᒃ ᐊᑭᓂᓐᑲᓂᒃᑖᑦ ᐱᓯᒧᒃᑲᓐ.

MOOSE STEW

Ingredients:

1,4kg	3 pounds moose meat cut in cubes
50ml	4 tbsp. bacon drippings
2	2 medium onions, sliced
1	1 clove garlic
250ml	1 cup chopped celery
1	1 bay leaf
5ml	1 tsp. salt
1ml	1/4 tsp. pepper
1ml	1/4 tsp. thyme
1L	4 cups cold water
250ml	1 cup diced carrots
500ml	2 cups diced potatoes
250ml	1 cup diced turnip
15ml	1 tbsp. dried parsley
50ml	4 tbsp. flour
250ml	1 cup cold water



Method:

1. Trim fat, connective tissue or tendons from moose meat, wash in salted water, pat dry.

2. Melt bacon drippings in a heavy pot on top of the stove.

3. Add the moose meat and brown well on all sides.

4. Add onions, garlic, celery, bay leaf, salt, pepper, thyme and 4 cups (1L) cold water. Cover.

5. Slowly bring stew to a boil, then reduce heat and let simmer for 2 hours.

6. Add carrots, potatoes, turnips and parsley and simmer for another hour, or until meat and vegetables are fork-tender.

7. Mix flour and water to a smooth paste, then add the thickening to the stew, stirring constantly.

8. Let cook for 7 minutes. Serve with bread, bannock or dumplings. Serve 6-8

Adapted from: Northern Cookbook, Eleanor A. Ellis

ᑑᔅ ᐸᐃᔭᔅ ᐱᔅᐸᓐ

ᐊᓐ ᒐᐧᑲᓐ ᐃᔭᐱᑎᒃᔅ

ᓂᔅᑐ ᑎᐸᐸᔅᑯᒋᑭᓐ ᑕᓯᔭᔅ ᐊᒋᑭᒋᒃᒐᓱᑭᓄᒃ

ᓐᐧ ᑲᒥᓯᒋᔅᑎᒃ ᐊᒥᒃᐧᑲᓐ ᑯᒃᑯᓐᐱᒥ

ᓐᐧ ᐊᐱᒃᑐ ᐊᐃᔅᐱᔅᒃ ᐧᐃᑭᔅᑯ ᐊᒋᐸᓱᑭᓄᒃ

ᐸᐅᑯ ᐊᐱᔅᑎᒋᒧᓱᒃ ᑲᔅᓕᒃ

ᐸᐅᑯ ᒥᓂᒃᐧᑲᑭᓐ ᐊᒋᐱᓱᑭᓄᒃ ᓴᓕᓇ

ᐸᐅᑯ ᐯ ᓕᐢ

ᐸᐅᑯ ᐊᒥᒃᐧᑲᓂᔅ ᓱᐅᒃᑕᑭᓐ

ᐸᐅᑯ ᓱᑲᑯᔭᓐ ᐊᒥᒃᐧᑲᓂᔅ ᐸᐸᐧ

ᐸᐅᑯ ᓱᑲᑯᔭᓐ ᐊᒥᒃᐧᑲᓂᔅ ᑕᐃᒪ

ᓐᐧ ᒥᓂᒃᐧᑲᑭᓐ ᐊᑎᒃᑭᑭᒥᒃ ᓂᐱ

ᐸᐅᑯ ᒥᓂᒃᐧᑲᑭᓐ ᐊᑭᒋᒃᒐᓱᑭᓄᒃ ᑲᑭᑦᔅ

ᓐᐧ ᒥᓂᒃᐧᑲᑭᓐ ᐊᒋᑭᒋᒃᒐᓱᑭᓄᒃ ᐱᑕᑎᔅ

ᐸᐅᑯ ᒥᓂᒃᐧᑲᑭᓐ ᐊᒋᑭᒋᒃᒐᓱᑭᓄᒃ ᑎᔅᓂᐸ

ᐸᐅᑯ ᑲᒥᓯᒋᔅᑎᒃᐊᒥᒃᐧᑲᓐ ᐊᐸᔅᑕᒃ ᐸᔅᓯᑦ

ᓐᐧ ᑲᒥᓯᒋᔅᑎᒃᐧᑲᓐ ᐱᒃᐧᑲᓱᑭᓂᒃ

ᐸᐅᑯ ᒥᓂᒃᐧᑲᑭᓐ ᐊᑎᒃᑭᑭᒥᒃ ᓂᐱ

ᐊᓐᑕ ᐊᒃᑐᑎᑭᓄᒃᔅ

1. ᒐᒥᓂᓱᒥᓐ ᐊᐱᒥᐅᒃ ᐧᐃᔭᔅ ᑭᔭ ᐅᒐᔅᑕᔭᐱᒃ, ᒐᒋᔅᑕᐸᐅᑕᐃᓐ ᓱᐧᐊᐅᒃᒃ ᑭᔭ ᒐᐸᑯᒃᐊᒥᓐ×
2. ᒐᑎᒃᒋᓯᑦ ᑯᒃᑯᓐᐱᒥ ᐊᒋᔅᐱᑲᐱᔅᑲᒃ ᐊᔅᒋᒃᑯ ᐊᒃᐊᐱᒋᒃᑕᐃᓐ ᑎᒃᑯᒃ ᒋᔅᐱᔅᒐᐧᐊᓂᒃᔅ×
3. ᒐᑲᒃᒋᓯᒥᓐ ᐊᓐ ᐧᐃᔭᔅ ᐊᐃᑕᒃᐊᒥᓐ ᐸᑐᔅ ᒥᓯᐧᐊ ᑭᑲᒃᒋᑭᔅᑕᒐ×
4. ᒐᐱᒋᔅᑎᓂᒥᓐ ᐧᐃᑭᔅᑯ, ᑲᔅᓕᒃ, ᓴᓕᓇ, ᐯ ᓕᐢ, ᓱᐅᒃᑕᑭᓐ, ᐸᐸᐧ, ᑕᐃᒪ, ᑭᔭ ᓐᐧ ᒥᓂᒃᐧᑲᑭᓐ ᐊᑎᒃᑭᑭᒥᒃ ᓂᐱ× ᒐᑯᓂᒃᒋᐧᐊᒃᐊᒥᓐ×
5. ᐸᒃᑲᒃ ᒐᐅᓯᒥᓐ, ᐊᑯ ᒐᐊᒍᓂᑦ ᒋᔅᐱᔅᒐᐧᐊᓐ ᑭᔭ ᓐᔅᒃ ᐸᒃᑲᒃ ᒐᐅᓯᒥᓐ ᓂᐧᔅᐧ ᐊᒋᓂᐧᑲᓂᒃᑕᑦ ᐱᓯᒧᒃᑲᓐ×
6. ᒐᐱᒋᔅᑎᓂᒥᓐ ᑲᑭᑦᔅ, ᐱᑕᑎᔅ, ᑎᔅᓂᐸᔅ, ᑭᔭ ᐸᔅᓯᑦ ᑭᔭ ᒥᓐ ᐸᐅᐧᑲᐧ ᐊᒋᓂᐧᑲᓂᒃᑕᑦ ᐸᒃᑲᒃ ᒐᐅᓯᒥᓐ ᐸᑐᔅ ᑭᔅᑕᒐ×
7. ᒐᐸᔅᑯᑕᐅᑭᒃᐅᐧᑕᐧ ᐱᒃᐧᑲᓱᑭᓂᒃ ᑭᔭ ᓂᐱ ᐊᑯ ᐊᓐᑕ ᐧᐃᔭᓯᒃᒃ ᒐᐃᓱᐱᒋᔅᑎᓂᐧᑕᐧ ᑲᒃ ᑭᐧᐸ ᐊᐃᑕᒃᐊᒥᓐ×
8. ᓂᐧᔅᔅᒃ ᒥᓂᑯᔅ ᒥᓐ ᒐᑎᑭᓯᒥᓐ× ᐊᐃᒃᑯᓐᐧ, ᐃᐅᐸᐊᐃᒃᑯᓐᐧ ᑭᔭ ᒪᒃ ᐳᒋᓂᓱᒃ ᒋᑭᒋᒃᐊᔅᑎᒪᑭᓄᐅᒃ×

ᑯᐧᑕᔅᒃ ᑭᔭ ᒪᒃ ᓂᔭᓐᓐᐧ ᐊᐧᐊᓐᒋ ᒋᑭᔅᐱᐸᒃ×

ᓐᐧ ᑲᒥᓯᒋᔅᑎᒃ ᐊᒥᒃᐧᑲᓐ ᐱᒃᐧᑲᓱᑭᓂᒃ

ᐸᐅᑯ ᒥᓂᒃᐧᑲᑭᓐ ᐊᑎᒃᑭᑭᒥᒃ ᓂᐱ

MOOSE/CARIBOU CHILI CON CARNE

Ingredients:

450	1 pound moose or caribou meat, ground
2ml	1/2 tsp. salt
1ml	1/4 tsp. pepper
15ml	1 tbsp. flour
125ml	1/2 cup chopped onion
30ml	2 tbsp. fat
15ml	1 tbsp. Worcestershire sauce
1L	4 cups canned tomatoes
284ml	1 (10 oz.) can mushroom bits and pieces, drained
15ml	1 tbsp. chili powder
	1 (15 oz.) can red kidney beans

Method:

1. Sprinkle meat with flour, salt and pepper.
2. Melt fat in heavy fry pan.
3. Combine meat with onion, then brown it in hot fat.
4. Add remaining ingredients, reduce heat and simmer until meat is tender, about 45 minutes.
5. Serve hot with rice, bannock or buttered toast.

Adapted from: The Hudson's Bay Northern Stores Inc.

ᒋᓛ ᐧᑲᐧ ᑲᐟᓂ ᑑᐦ ᑭᖅ ᒫᐧ ᐊᑎᐦᐧ ᒥᒋᐧ ᐋᐦᐊᑎᐦᐧ

ᐊᐧ ᒫᐧᑲᐧ ᐃᖅᐱᑎᐦᐧ:

ᓱᓇᐧ ᑎᐸᐹᐧᑯᒋᑭᐧ ᐋᐱᐦᐧ ᑑᐦ ᑭᖅ ᒫᐧ ᐊᑎᐦᐧ ᐧᐃᖅᐧ
ᐋᐱᐦᑑ ᐋᒥᐦᐧᑲᓂᐧ ᑑᐅᐦᑕᑭᐧ
ᓱᓇᐧ ᓴᑲᑯᖅᐧ ᐋᒥᐦᐧᑲᓂᐧ ᐸᐹᐧ
ᓱᓇᐧ ᑲᒥᓯᒋᐧᑎᐧ ᐋᒥᐦᐧᑲᐧ ᐱᐦᐧᑲᓴᑭᓂᐧ
ᐋᐱᐦᑑ ᒥᓂᐦᐧᑲᑭᐧ ᐋᐱᓴᑭᓄᐧ ᐧᐃᑭᐧᐧ
ᓵᓂ ᑲᒥᓯᒋᐧᑎᐧ ᐋᒥᐦᐧᑲᐧ ᐱᒦ
ᓱᓇᐧ ᑲᒥᓯᒋᐧᑎᐧ ᐋᒥᐦᐧᑲᐧ ᐧᐃᐧᐧᑎᐧᑦᐧ ᐧᐧᐧ
ᓇᐧ ᒥᓂᐦᐧᑲᑭᐧ ᐊᐧᖅᐱᐧᑯᑎᐦᐧ ᑲᑎᑯᐦᐧ ᑎᒪᑐᐧ
ᓱᓇᐧ ᐊᐧᖅᐱᐧᑯᑎᐦᐧ ᑲᑕᐧ ᒪᐧᑭᒻᐧ ᐋᑮᑦᐧᑲᐸᒋᑯᐦᐋᑭᓂᐅᐧ
ᓱᓇᐧ ᑲᒥᓯᒋᐧᑎᐧ ᐋᒥᐦᐧᑲᐧ ᒋᓛ ᐊᐅᑎᐧ
ᓱᓇᐧ ᐊᐧᖅᐱᐧᑯᑦ ᑲᒥᐦᑯᓯᐧ ᑭᑦᓂ ᐊᐧᐧ

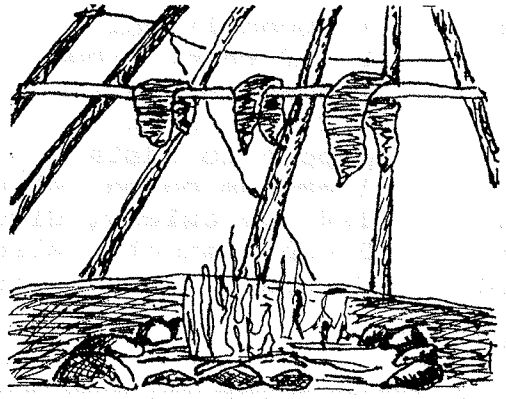
ᐊᐧᑕ ᒫᑐᑕᑭᓄᐧ:

1. ᒫᐱᓂᐱᐦᐃᐧᑕ ᐱᐦᐧᑲᖅᑭᓂᐧ ᐊᐧᑕ ᐧᐃᖅᑦᐦᐧ ᑭᖅ ᑑᐅᐦᑕᑭᐧ ᑭᖅ ᐸᐸ ᐋᐦᐋᒋᐱᐦᑕᐃᐧ.
2. ᒫᑎᐦᒋᓯᒥᐧ ᐱᒦ ᐋᒋᐧᐱᑲᐱᐧᑲᐧ ᐸᓂᐧᒋᐦᐧ ᐋᐦᐋᐱᒋᐦᑕᐃᐧ.
3. ᒫᖅᖅᐧᒋᐦᐧᑲᑎᒥᐧ ᐧᐃᖅᐧ ᑭᖅ ᐊᓂᐦᐃ ᐧᐃᑭᐧᐧ, ᒫᑲᐦᒋᐧᑎᑭᓯᒥᐧ.
4. ᒫᐱᒋᐧᑎᒥᓂᒥᐧ ᐊᓂᐦᐃ ᑯᑎᐧ ᒫᐧᑲᐦᐃ, ᒫᐊᑑᓂᑦ ᒋᖅᐱᐧᒫᐧᐋᐧ ᑭᖅ ᐹᐦᑲᐧ ᒫᐅᓯᒥᐧ ᐹᑐᐧ ᑭᐧᑕᒫ ᐊᐧ ᐧᐃᖅᐧ, ᐧᐃᖅᐧᐋ ᓇᒥᑎᓄ ᓂᖅᐸᖅᐸ ᒥᓂᑯᐧ.
5. ᐋᒋᓱᑕᐧ ᒫᒪᑎᓂᐧᐋᐃᐧ ᐅᐧᐧᑲᓱᐧ, ᐋᐃᐦᑯᓇᐧ ᑭᖅ ᒫᐧ ᑐᐧᑦ ᒫᐊᐧᒋᐳᓇᓄᐧ.

DRIED MOOSE MEAT AND RICE

Ingredients:

	Dried moose meat
1/2	1/2 green pepper, chopped
1	1 medium onion, sliced
10ml	2 tsp. oil
250ml	1 cup uncooked rice
5ml	1 tsp. salt
1ml	1/4 tsp. pepper
2ml	1/2 tsp. steak spice
2ml	1/2 tsp. parsley
750ml	3 cups canned tomatoes



Method:

1. Cook onion and pepper in oil until tender.
2. Add canned tomatoes and bring to the boiling point.
3. Add uncooked rice, salt, pepper, steak spice and parsley. Cook covered 30 minutes over low heat, stirring occasionally to prevent scorching.
4. Shread the dried moose meat, cover with boiling water and let stand 2 minutes. Drain.
5. Sauté the meat in butter until it begins to crisp, then add to the rice mixture and serve.

From: Nemaska

ᐋᓐᑕᐅᒥᒋᒡ ᑭᔅ ᐅᓐᑲᓱᒡ

ᐊᓐ ᒐᓐᑲᓐ ᐃᔅᐃᑎᑦᒡ:

ᐋᓐᑕᐅᒥᒋᒡ - ᒧᑦ	ᐋᓐᑯ ᐊᒥᑦᑲᓂᑦ ᓱᐅᑦᑕᑭᓐ
ᐊᐱᑦᑑ ᐊᒋᐃᓱᑭᓐᒡ ᑦᓇᓐ ᐯᐱᑦ	ᐋᓐᑯ ᓱᑲᑯᔅᓐ ᐊᒥᑦᑲᓂᑦ ᐋᐋᑦ
ᐋᓐᑯ ᐅᑭᑦᑯ ᐊᐱᑦᑑ ᐊᐃᑦᐱᔅᒡ	ᐊᐱᑦᑑ ᐊᒥᑦᑲᓂᑦ ᑦᐡᒡ ᑦᐋᔅ
ᓵᓐ ᐊᒥᑦᑲᓂᑦ ᐱᒥ	ᐊᐱᑦᑑ ᐊᒥᑦᑲᓂᑦ ᐋᑦᓯᓐ
ᐋᓐᑯ ᒥᓂᑦᑲᑭᓐ ᐊᑲ ᑎᑭᓯᒡ ᐅᑦᑲᓱᒡ	ᓂᑦᑐ ᒥᓂᑦᑲᑭᓐ ᐃᓐᔅᐱᑦᑯᑎᑦᒡ ᑲᑎᑯᑦᒡ ᑎᒪᑐᑦ

ᐊᓐᑕ ᐋᑦᑐᑎᑭᓱᒡ:

1. ᒐᐋᐋᑦᒋᑦᑦᑲᑎᒥᓐ ᐊᑭᑦᑯ ᑭᔅ ᑦᓇᓐ ᐯᐱᑦ ᐊᑐᑦ ᑭᑦᑕᓐᑲᓐᐋᓐ
2. ᒐᐱᒋᑦᑎᓂᒥᓐ ᐃᓐᔅᐱᑦᑯᑎᑦᒡ ᑲᑎᑯᑦᒡ ᑎᒪᑐᑦ ᑭᔅ ᒐᐅᓯᒥᓐ
3. ᒐᐱᒋᑦᑎᓂᒥᓐ ᐋᑲ ᑎᑭᓯᒡ ᐅᑦᑲᓱᒡ, ᓱᐅᑦᑕᑭᓐ, ᐯᐱᑦ, ᑦᑐᒡ ᑦᐋᐃᑦ ᑭᔅ ᐋᑦᓯᓐ
   ᒐᑯᓂᑦᒋᓐᐋᑦᐋᒥᓐ ᓵᑦᑕᑦᒡ ᐋᐃᑦᑏᑦ ᒋᑦᐱᑦᒐᓐᐋᓐ ᒐᑎᑭᓯᒥᓐ, ᐋᑦᑯ ᐋᑦᐃᑕᑦᐋᒥᓐ ᐋᑲ
   ᒐᐊᑯᑎᑦᑕᒡ.
4. ᒐᐱᓱᒥᓐ ᐊᓐ ᐃᔅᑦ, ᒐᐊᑯᑦᒋᓇᐋᒋᑦᑕᐃᓐ ᐋᐅᑦᑕᒡ ᓂᐱ ᑭᔅ ᓵᓂ ᒥᓂᑯᒡ ᒐᐊᓱᓂᐋᑦᑕᐃᓐ.
   ᒐᓱᑦᑦᑲᔅᒋᑯᓂᒥᓐ.
5. ᒐᐋᐋᑦᒋᑦᑦᑲᑎᒥᓐ ᐃᔅᑦ ᐋᑐᑦ ᐊᑎᑲᑦᐋᒐᒡ, ᑯᑦᔅᑦ ᒐᐱᒋᑦᑎᓂᒥᓐ ᐊᓐᑦ ᐅᑦᑲᓱᒡ ᐋᐃᑦᑕᒡ
   ᑭᔅ ᒐᒪᑎᓂᐋᐃᓐ.

BRAISED LIVER AND VEGETABLES

Ingredients:

450g	1 pound liver
20ml	1 1/2 tbsp. flour
15ml	1 tbsp. oil
2ml	1/2 tsp. salt
	pepper to taste
	1 medium onion, sliced
50ml	1/4 cup celery, diced
500ml	2 cups carrots, sliced
500ml	2 cups canned tomatoes

Method:

1. Cut liver in small squares. Sprinkle on seasoned flour.
2. Brown into 1 tbsp. oil and transfer to baking dish.
3. Brown onion, celery and carrots lightly. Add to above.
4. Add canned tomatoes. Cover tightly.
5. Bake in a 350°F (180°C) oven until liver is tender. (about 1 1/2 hour).

ᐅᔾᑯᓐ

ᐊᓐ ᒐᓐᑲᓐ ᐃᔭᐃᑎᖅᑐᑦ:

ᓇᓗᑯ ᑎᕝᕙᖕᑯᒋᑭᓐ ᐅᔾᑯᓐ

ᓇᓗᑯ ᒥᓐ ᐋᐱᖅᑑ ᑲᒥᓯᒋᔾᑎᑦ ᐋᒥᖅᑐᓐ ᐱᖅᑐᓐᑭᓂᑦ

ᓇᓗᑯ ᑲᒥᓯᒋᔾᑎᑦ ᐋᒥᖅᑐᓐ ᐱᒥ

ᐋᐱᖅᑑ ᐋᒥᖅᑐᓂᖕ ᔪᐅᖅᑕᑭᓐ

ᕝᕝ

ᓇᓗᑯ ᓐᐃᑭᖕᑯ ᐋᐱᖅᑑ ᐋᐃᖕᐱᔭᖕᑦ ᑭᔭ ᐋᒋᕝᕙᓂᑭᓄᑦ

ᓇᓗᑯ ᓂᑲᑯᔭᓐ ᒥᓂᖅᑐᑲᑭᓐ ᐋᑭᒋᖅᑕᓂᑭᓄᑦ ᓴᓕᓇ

ᓄᓇ ᒥᓂᖅᑐᑲᑭᓐ ᐋᒋᕝᕙᓂᑭᓄᑦ ᑲᑭᑦᔾ

ᓄᓇ ᒥᓂᖅᑐᑲᑭᓐ ᐊᓐᔭᐱᔾᑯᑎᖅᑐᑦ ᑲᑎᑯᖅᑐᑦ ᑎᒪᔾᑐᔾ

ᐊᓐᑖ ᒐᔾᑐᑎᑭᓄᑦ:

1. ᒐᑭᒋᖅᑕᓂᒥᓐ ᐊᓐ ᐅᔾᑯᓐᓗ ᒐᐱᓂᐊᖅᐃᓐᑖᒋ ᐱᖅᑐᓐᑭᓂᑦᓗ
2. ᒐᔾᔾᔾᒋᖅᑐᑎᒥᓐ ᓇᓗᑯ ᑲᒥᓯᒋᔾᑎᑦ ᐋᒥᖅᑐᓐ ᐱᒥ ᐋᖅᐋᒋᖅᑕᐃᓐ ᑭᔭ ᐊᐃᔭᑭᓂᖅᑦ ᐊᓐᑦ ᒐᐃᖅᑕᐱᔾᑭᖅᐋᒥᓐᓗ
3. ᐊᐱᕐᔾ ᒐᔾᔾᔾᒋᖅᑐᑎᒥᓐ ᐊᓐᑭᔾᑯ, ᓴᓕᓇ ᑭᔭ ᑲᑭᑦᔾ ᑭᔭ ᐊᓐᑖ ᒐᐃᕐᐱᔾᑎᒥᓐ ᒪᒐᓗ
4. ᒐᐱᒋᔾᑎᓂᒥᓐ ᑭᔭ ᐊᓂᖅᐃ ᑎᒪᔾᑐᔾ, ᒐᓯᑭᔾᒋᐱᖅᐋᒥᓐᓗ
5. ᒐᐱᖅᑕᐱᔾᑭᖅᐋᒥᓐ 350 ᐋᐃᖅᑏᑦ ᒋᔾᔾᐱᔾᒐᔾᐊᓐ ᐊᑐᔾ ᑭᔾᑕᒐ ᐊᓐ ᐅᔾᑯᓐ ᐊᐃᔾᔾᐊ ᐊᓗᔾᑲᔾ ᒥᓐ ᐋᐱᖅᑑ ᐋᒋᓂᔾᑲᓂᖅᑕᑦ ᐱᓯᒧᖅᑲᓐᓗ

CABBAGE ROLLS

Ingredients:

500ml	2 cups uncooked rice
500ml	2 cups boiling water
5ml	1 tsp. salt
30ml	2 tbsp. butter or margarine
1	1 medium onion, finely chopped
450g	1 pound ground beef
1	1 large cabbage
250-375ml	1 to 1 1/2 cup tomato juice
30ml	2 tbsp. butter or margarine, melted
5ml	1 tsp. salt
	pinch of pepper

Method:

1. Combine in a saucepan boiling water, uncooked rice and salt. Bring to a boil, cover, turn heat to minimum and let stand until water is absorbed.

2. In a frypan, melt 2 tbsp.(30ml) butter. Add onion and ground beef. Sauté until onion has a light golden colour and ground beef is brown.

3. Combine with rice and season with salt and pepper. Cool.

4. Remove core from the cabbage. Place in a deep saucepan and add boiling water in the hollow left by the core to cover completely. Let stand until leaves are soft and bend easily. Drain and carefully take leaves apart. Cut off hard centre rib from each leaf and divide leaves into 2 or 3 sections.

5. Preheat oven to 350°F (180°C).

6. Grease a large covered casserole. Cover bottom of casserole with extra leaves.

7. Place a spoonful of filling on the prepared sections of cabbage leaves and roll up tightly. Arrange in layers in casserole.

8. Combine tomato juice, 2 tbsp. of melted butter or margarine, salt and pepper. Pour over cabbage rolls. The liquid should barely show between the rolls. To protect the top from scorching, place a large leaf of cabbage over top before covering tightly.

9. Bake in a 350°F (180°C) oven for 1 1/2 to 2 hrs. or until both cabbage and filling are cooked. Serve hot. Makes about 30 rolls.

ᑲᐱᒡ ᑭᓪᓗ

ᐊᓐ ᒐᓐᑲᓐ ᐃᔭᐱᑎᖅᒡ:

ᓱᕝᕕ ᒥᓂᖅᑐᑭᓐ ᐊᑲᒃ ᑎᑭᓯᒡ ᐅᖕᑐᓂᒡ

ᓱᕝᕕ ᒥᓂᖅᑐᑭᓐ ᐊᐅᖅᑖᒡ ᓂᐱ

ᐹᓗᑯ ᐊᒥᖅᑐᓂᖕ ᕐᐅᖅᑖᑭᓐ

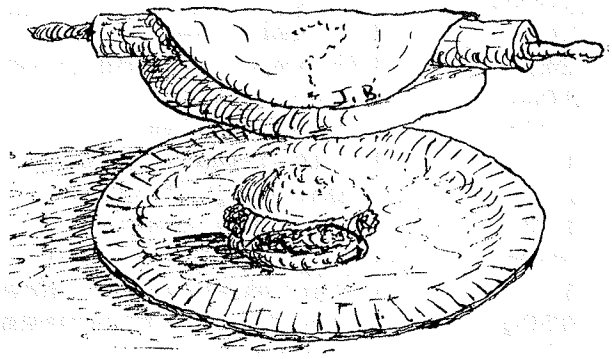
ᓱᕝᕕ ᑲᒥᓯᒋᔅᑎᒃ ᐊᒥᖅᑐᓐ ᐱᑦ
ᐹᓗᑯ ᐊᐱᖅᑑ ᐊᐃᖕᐱᖕᒃ ᐅᐃᑭᖕᑯ ᐊᑏᐱᕐᓂᑭᓐᓄᒡ
ᐹᓗᑯ ᑎᐹᐹᖕᑯᒋᑭᓐ ᑲᐱᕐᒡ ᐅᐃᔭᔅ
ᐹᓗᑯ ᐊᒥᖅᒃ ᑲᐱᒡ
ᐹᓗᑯ ᑭᔭ ᒪᒃ ᐹᓗᑯ ᒥᓐ ᐊᐱᖅᑑ ᑎᒪᓗ ᒍᔅ
ᓱᕝᕕ ᑲᒥᓯᒋᔅᑎᒃ ᐊᒥᖅᑐᓐ ᐊᖅᑎᖅᒋᓯᑦ ᐱᑦ
ᐹᓗᑯ ᐊᒥᖅᑐᓂᖕ ᕐᐅᖅᑖᑭᓐ
ᐹᐹᑦ

ᐊᓐᑖ ᐊᖅᑐᑎᑭᓄᒡ:

1. ᒐᐱᑭᖕᑎᐅᖅᑐᑖᑦ ᐅᖕᑐᓂᒡ ᐊᐅᖅᑖᐃᒡ ᓂᐱᔅᑦ ᑭᔭ ᕐᐅᖅᑖᑭᓐ ᒐᐱᒋᔅᑎᓂᒥᓐᓂ ᐅᖅᑖᒐᒡ
   ᒐᑯᓂᖅᒋᐅᖅᑐᒥᓐ ᑭᔭ ᒥᑯ ᓐᓗᒡ ᐊᐱᕐᕐᔅ ᒐᐊᐱᖅᐅᑦ ᒋᔅᐱᔅᒐᐅᖅᑐᔅ ᒪᖅᒋᐱᒐᒡ ᐊᓐ ᓂᐱᓂ
2. ᐹᓂᔅᒋᖅᑯᖅᒡ ᒐᑎᖅᒋᓯᑦ ᐱᑦᓂ ᒐᔅᔅᔅᒋᖅᑐᖅᑎᒥᓐ ᐅᑭᖕᑯ ᑭᔭ ᐊᓐ ᑲᐱᔅᒡ ᐅᐃᔭᔅ ᐹᓗᔅ
   ᑲᖅᒋᔅᑎᑭᓯᒥᓐᓂ ᐊᓐ ᐅᐃᔭᔅ ᑭᔭ ᐊᓐ ᐅᑭᖕᑯᓂ
3. ᒐᐱᒋᔅᑎᓂᒥᓐ ᐊᓐ ᐅᐃᔭᔅ ᑭᔭ ᐹᐹᑦ ᑭᔭ ᕐᐅᖅᑖᑭᓐ ᒐᐱᒋᔅᑎᓂᒥᓐᓂ
4. ᒐᒥᓂᒥᓐ ᐊᓐ ᑖᑖᐅᒡ ᑲᒋᑭᒧᒡ ᐊᓐᑦ ᑲᐱᒋᖅᒡᓂ ᐊᒧᑖᔭᒡ ᐊᔅᒋᖅᑯ ᐊᖅᑖᐃᓐᓂ ᐊᑯᑦ ᒐᐱᒋᔅᑎᓂᒥᓐ
   ᐊᓐ ᑲᐱᒡ ᑭᔭ ᐊᓐᑦ ᐊᓐ ᐊᒋᐅᒋᐅᑎᓂᒥᓐ ᑖᑖᐅᒡ ᐊᑯᑦ ᒐᐱᖅᑖᕐᑯᖅᑖᐃᓐ ᐊᐅᖅᑖᒡ ᓂᐱ ᑭᔭ
   ᒐᐊᑯᔅᒋᓇᐹᒋᔅᑖᐃᓐᓂ ᒐᐃᑎᑯᖅᑖᐃᓐ ᐹᑖᖅᒡ ᐊᓐᑦ ᒥᔫᐱᓐᑲᓐᐊ ᐊᓂᖅᐃ ᓱᐱᖅ ᐊᓐᐊᒋᓂᑭᓄᒡ ᑭᔭ ᔫᔅᑲᓐᑲᓐᐊᓂ
   ᒐᕐᔅᑲᐹᒋᐱᖅᑖᐃᓐᓂ ᑭᔭ ᐹᖅᑲᒡ ᒐᒥᓂᒥᓐ ᐊᓂᖅᐃ ᓱᐱᖅᖅ ᐊᓐᐊᒋᓂᑭᓄᒡ ᑭᔭ ᔫᔅᑲᓐᑲᓐᐊᓂ
   ᒐᕐᔅᑲᐹᒋᐱᖅᑖᐃᓐᓂ ᑭᔭ ᐹᖅᑲᒡ ᒐᒥᓂᒥᓐ ᐊᓂᖅᐃ ᓱᐱᖅᖅ ᐊᓐᐊᒋᓂᑭᓐᓂ ᑭᔭ ᐊᒥᖅᑭᓐᐊᒡ ᑭᔭ
   ᐹᓗᓐᑲᐧ ᑭᔭ ᒪᒃ ᓱᓐᔅᔅᐧ ᒐᒪᒋᕐᓂᒥᓐᓂ
5. 350 ᒐᑎᑦ ᒋᔅᐱᔅᒐᐅᖅᑐᓐᓂ
6. ᒐᑐᒥᓂᒥᓐ ᐊᐃᖅᑯᓇᐅᔭᑭᓐ ᐊᑯᓂᖅᒋᐅᖅᑐᐃᑭᓄᒡᓂ ᐊᓇᖅᒡ ᐊᓐᑖ ᒐᐊᔅᑖᐃᓐ ᐃᐅᖅᒡ ᓱᐱᖅᒡᓂ
7. ᐊᓐ ᑲᐅᕐᓂᖅᑖᐃᓐ ᐅᐃᔭᔅ ᑭᔭ ᐅᖕᑐᓂᒡ ᒐᐅᖅᑐᒥᓂᒥᓐ ᐊᓐᑦ ᐊᓂᖅᐃ ᓱᐱᖅᖅ ᐊᔅᑯᓂᒥᓐ,
   ᒐᕐᖅᑎᓂᒥᓐ ᑭᐅᖅ ᑭᔭ ᒐᐊᔅᑖᐃᓐ ᐊᓐᑦ ᐊᐃᖅᑯᓇᐅᔭᑭᓂᖅᒡᓂ
8. ᒐᒪᒧᓂᒥᓐ ᑎᒪᓗ ᒍᔅ, ᐊᖅᑎᖅᒋᓯᑦ ᐱᑦ, ᕐᐅᖅᑖᑭᓐ ᑭᔭ ᐹᐹᑦᓂ ᒐᑯᑎᐱᓂᒥᓐ ᐊᓐᑦ ᑲᐱᒡ
   ᑭᓐᔅ ᐊᐃᖅᑖᒡ ᒐᑲᑦ ᐊᑲᒃ ᓄᑯᖅᒡ ᐊᓐᑦ ᑭᖅᑑᓂ ᐊᑲᒃ ᒐᒋᔅᑲᖅᑖᒡ ᑎᖅᑯᖅᒡ ᒥᓐ ᒐᐊᔅᑖᐃᓐ
   ᑲᐱᒡ ᑭᔭ ᒐᓯᑭᔅᒋᐱᖅᑖᐃᓐᓂ
9. ᒐᐱᖅᑖᐱᔅᑭᖅᑖᐃᓐᓂ ᐹᓗᓐᑲᑦ ᒥᓐ ᐊᐱᖅᑑ ᐊᒋᓂᓐᑲᓂᖅᑖᑦ ᐱᓯᒧᖅᑲᓐ ᑭᔭ ᓱᓐᔅᔅᑦ ᐹᑖᔅ ᑭᓐᔅᔅ
   ᑎᑭᓯᓐᑖᓐᐊ ᐊᓐᒋ ᑲᐱᒡ ᑭᓐᔅᔅᐧ ᒐᒪᑎᓂᓐᐊᐃᓐ ᐊᖅᒋᕐᑖᒡᓂ ᑭᑎᖅᑎᓐᒡᓂ

CHEESEBURGER PIE

Ingredients:



23cm	1-9" pie crust
450g	1 pound ground beef
1	1 small onion, chopped
2ml	1/2 tsp. salt
1ml	1/4 tsp. oregano
125ml	1/2 cup dry bread crumbs
50ml	1/4 cup ketchup or tomato sauce
1/2	1/2 green pepper, chopped.
1	1 egg
50ml	1/4 cup milk
500ml	2 cups shredded cheddar cheese

Method:

1. Preheat oven to 400°F (200°C). Prepare crust.
2. In frypan brown ground beef with onion.
3. Add salt, oregano, bread crumbs, ketchup and green pepper. Place in crust.
4. Combine egg, milk and cheese; spread over meat.
5. Bake about 30 minutes.

ᑭᔅᐃᔅᑭᔅ ᐋᐃ

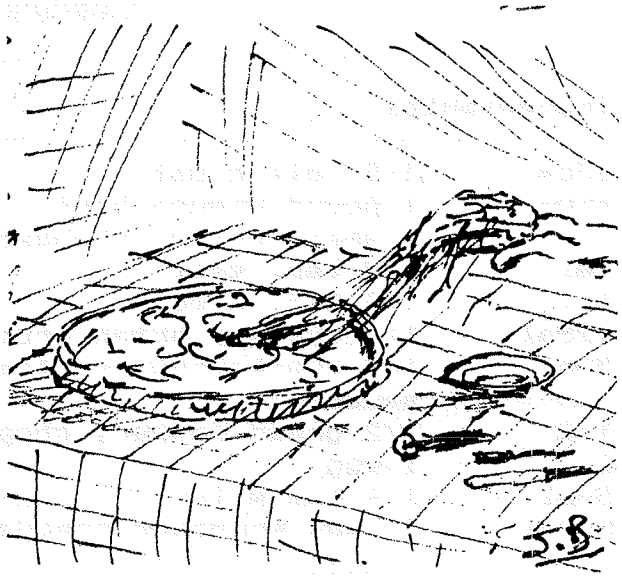
ᐊᓐ ᒐᓐᑲᓐ ᐃᔭᐃᑎᑦᑕ:

ᐋᓐᑯ ᐋᐃ ᑲᕋᔅᑦ
ᐋᓐᑯ ᑎᐋᐋᔅᑯᒋᑭᓐ ᑲᐃᔅᑕ ᓐᐃᔭᔅ
ᐋᓐᑯ ᐋᑦᐋᐃᓐᔅᑕ ᓐᐃᑭᔅᑯ ᐋᑭᐃᔅᑭᓐᑲᑕ
ᐋᐃᑦᔅᑑ ᐋᒥᑦᓐᑲᓂᔅ ᔅᐅᑦᑖᑭᓐ
ᐋᓐᑯ ᔅᑲᑯᔭᓐ ᐋᒥᑦᓐᑲᓂᔅ ᐅᓇᑭᓐᑲ
ᐋᐃᑦᔅᑑ ᒥᓂᑦᓐᑲᑭᓐ ᐋᐋᓐᑕ ᐃᓐᔅᔭᐃᑦᑯᓐᑦ ᐋᐃᓐᑕ
ᐋᓐᑯ ᔅᑲᑯᔭᓐ ᒥᓂᑦᓐᑲᑭᓐ ᕿᒪᑦ ᑭᔭ ᒪᑦ ᑎᒪᔅᑐ ᓐᔅᑕ
ᐋᐃᑦᔅᑑ ᑦᓇᓐ ᐯᐃᔅ ᐋᑭᐃᔅᑭᓐᑲᑕ
ᐋᓐᑯ ᓐᐋᑦ
ᐋᓐᑯ ᔅᑲᑯᔭᓐ ᒥᓂᑦᓐᑲᑭᓐ ᔅᑑᔅᑭᓐᑕᐅᐃ
ᓱᓂ ᒥᓂᑦᓐᑲᑭᓐ ᐋᐃᑭᑦ ᓕᑎᔅ ᑭᔅ

ᐊᓐᑖ ᒐᑐᑖᑭᓐᑲᑕ:

1. ᑭᔅᓐᑕ ᒐᐋᐃᑦᐅᑦ ᒋᔅᐃᔅᒐᓐᐋᓐ 400 ᐃᔅᐃᔅ ᑭᔭ ᒐᐅᔅᑦᐃᑦ ᐋᐃ ᑲᕋᔅᑦ.
2. ᐋᓂᔅᒋᑦᑯᑦᑕ ᐋᑯᑦ ᒐᑲᒋᔅᑎᑭᓯᒥᓐ ᐊᓐ ᑲᐃᔅᑕ ᓐᐃᔭᔅ ᑭᔭ ᐊᓐ ᓐᐃᑭᔅᑯᓐ.
3. ᒐᐃᒋᔅᑎᓂᒥᓐ ᔅᐅᑦᑖᑭᓐ, ᐅᓇᑭᓐᑲ, ᐋᐃᓐᑦ ᐃᓐᔅᔭᐃᑦᑯᓐᑦ, ᕿᒪᑦ, ᑭᔭ ᑦᓇᓐ ᐯᐃᔅ. ᒐᐃᒋᔅᑎᓂᒥᓐ ᐊᓐᑦ ᐋᐃ ᑲᕋᔅᑦ ᐋᐃᑦᑖᑦ.
4. ᒐᒪᒧᓂᒥᓐ ᓐᐋᑦ, ᔅᑑᔅᑭᓐᐅᐃ ᑭᔭ ᑭᔅ, ᒐᐃᒋᔅᑎᓂᒥᓐ ᑎᑦᑯᑦᑕ ᐊᓐᑦ ᓐᐃᔭᓯᑦᑕ.
5. ᒐᐃᑦᑕᐃᔅᑭᑦᐅᑦ ᓂᔅᑐᒥᑎᓐ ᒥᓂᑯᔅ ᐃᔅᐃᔅ.

EASY PIZZA



Ingredients:

250ml	1 cup flour
2ml	1/2 tsp. salt
2ml	1/2 tsp. baking powder
10ml	2 tsp. lard
100ml	6 tbsp. water
1	1 can tomato paste
2	2 onions, chopped
1/2	1/2 green pepper
250ml	1 cup chopped meat
1	1 can mushrooms, drained
450g	1 pound grated cheese

Method:

1. Combine flour, salt, baking powder, lard and water in a bowl and mix to obtain a smooth dough.
2. Roll out dough and place on a cookie sheet.
3. On top of dough pour the can of tomato paste.
4. Put chopped onions, green pepper, chopped meat, mushrooms on top of tomato paste.
5. Sprinke with grated cheese.
6. Bake in the oven at 400°F (200°C) for 20-25 minutes.

From: Nutrition Month Resource Kit N.W.T 1984

ᐲᑦᑐᑦ ᐋᐧᐋᒫᑎᓯᑦ ᐋᐅᓱᒫᐋᑭᓐᑦ

ᐊᓐ ᒫᐧᑲᓐ ᐃᔭᐱᑎᒫᒃ:

ᑖᓐᑯ ᒥᓂᒫᐧᑲᑭᓐ ᐱᒫᐧᑲᓱᑭᓂᒃ
ᐋᐱᒫᑑ ᐋᒥᒫᐧᑲᓂᖅ ᓱᐅᒫᑖᑭᓐ
ᐋᐱᒫᑑ ᐋᒥᒫᐧᑲᓂᖅ ᐅᒫᐱ ᓯᑭᓐ
ᓂᖅ ᐋᒥᒫᐧᑲᓂᖅ ᐱᒥ
ᑯᐧᑖᖅᒃ ᑲᒥᓯᒋᖅᑎᒃ ᐋᒥᒫᐧᑲᓐ ᓂᐱ
ᑖᓐᑯ ᐱᐧᔭᐱᖅᑯᑦ ᑎᒪᑐ ᐯᐃᖅᑦ
ᑖᓐᑯ ᐅᓂᒫᐧᑲᑭᓐ ᐋᒥᒫᐧᑲᓐ ᓂᐱ
ᑖᓐᑯ ᐱᐧᔭᐱᖅᑯᑦ ᑎᒪᑐ ᐯᐃᖅᑦ

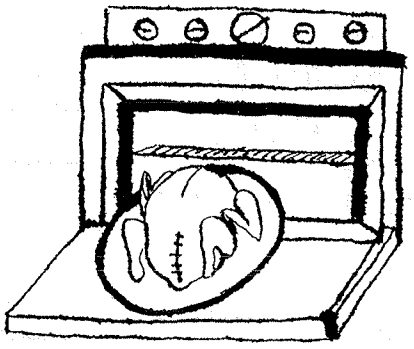
ᐊᓐᑖ ᒫᑐᑖᑭᓐᒃ:

1. ᒫᑉᑎᑯᓂᐧᑖᑦ ᐱᒫᐧᑲᓱᑭᓂᒃ ᑭᔭ ᒫᐱᒋᖅᑎᓂᒥᓐ ᓱᐅᒫᑖᑭᓐ, ᐅᒫᐱᓯᑭᓐ, ᐱᒥ ᑭᔭ ᓂᐱ ᐧᐃᔭᑭᓂᒃᒃ ᑯᐃᖅᑯᓐ.
2. ᒫᓂᐱᒋᒫᑦᑐᑦ ᐊᓐ ᑲᑉᑎᑯᓂᑦ ᑭᔭ ᐋᒫᑉᒫᐧᑲᒃᒃ ᐋᐃᒫᑑᐅᔭᑭᓐ ᐋᒫᐋᐱᒋᒫᑖᐃᓐ.
3. ᒫᑯᑎᐱᓂᒥᓐ ᐅᖅᒃ ᐊᓐ ᑎᒪᑐ ᐯᐃᖅᑦ.
4. ᐃᔭᑯ ᒫᐱᒋᖅᑎᓂᒥᓐ ᐧᐃᑭᖅᑯ, ᑲᓐᑯ ᐯᐃᖅᑦ, ᐧᐃᔭᖅᑦ, ᒪᖅᑭᒪᖅᑦ ᐊᓐᑦ ᑎᒫᑯᒫᒃ.
5. ᒫᐱᓂᐱᒫᑦᑐᑦ ᑭᖅᑦ .
6. ᒫᐱᒫᑖᐱᖅᑭᒫᐋᒥᓐ 400 ᐋᐃᒫᑎᑦ ᒋᔭᐱᖅᒫᐧᑲᓐ ᓂᖅᑎᓐ ᑭᔭ ᓂᖅᑎᓐ ᓂᔭᐸᖅᑦ ᒥᓂᑯᖅ.

ROASTED CHICKEN WITH STUFFING

Ingredients:

1	1 chicken
15ml	1 tbsp. butter
5ml	1 tsp. salt
1ml	1/4 tsp. pepper



Stuffing:

15ml	1 tbsp. butter
500ml	2 cups cooked rice
2ml	1/2 tsp. salt
1ml	1/4 teaspoon pepper
15ml	1 tbsp. onion flakes
5ml	1 tsp. savory
1ml	1/4 tsp. thyme

Method:

1. Stuffing: Melt butter, add cooked rice, then all the other ingredients. Mix well.
2. Stuff the chicken, then close the opening.
3. Spread butter over the chicken and sprinkle with salt and pepper.
4. Wrap chicken in foil.
5. Roast in oven until chicken is tender (see roasting time-table).
   Open the foil and let brown for the last 10 minutes.

ROASTING TIMETABLE

	WEIGHT	TEMPERATURE	TIME
Unstuffed	1-2 1/2 lbs.	350°F (180°C)	30 min/ 1 lb.
Stuffed	(0.5 - 1 kg)		35 min/ 1 lb.
Unstuffed	2 1/2 lbs. & over	325°F (160°C)	30 min./ 1 lb.
Stuffed	(1 kg. & over)		35 min./ 1 lb.

Adapted from: Great Whale River community cookbook

ᒥᖅᑭᓐ ᐊᐃᖅᑕᐱᔅᑭᖅᓱᑦ

ᐊᓐ ᒐᓱᑲᓐ ᐃᔭᐱᑎᖅᒡ:

ᐸᓗᑯ ᒥᖅᑭᓐ

ᐸᓗᑯ ᑲᒥᓯᒋᔅᑎᒃ ᐊᒥᖅᓱᑲᓐ ᐱᑦ

ᐸᓗᑯ ᐊᒥᖅᓱᑲᓂᔅ ᔪᐅᖅᑕᑭᓐ

ᐸᓗᑯ ᔪᑲᑯᔭᓐ ᐊᒥᖅᓱᑲᓂᔅ ᐸᐸᒃ

ᐊᓐ ᒐᐱᑎᖅᐃᑭᓱᒃ ᐊᓐᑕ ᐃᖅᒡ:

ᐸᓗᑯ ᑲᒥᓯᒋᔅᑎᒃ ᐊᒥᖅᓱᑲᓐ ᐱᑦ

ᓱᓕ ᒥᓂᖅᓱᑭᓐ ᐊᖅᑎᑭᓯᒃ ᐅᔅᓱᑲᔪᒃ

ᐊᐱᖅᑐ ᐊᒥᖅᓱᑲᓂᔅ ᔪᐅᖅᑕᑭᓐ

ᐸᓗᑯ ᔪᑲᑯᔭᓐ ᐊᒥᖅᓱᑲᓂᔅ ᐸᐸᒃ

ᐸᓗᑯ ᑲᒥᓯᒋᔅᑎᒃ ᐊᒥᖅᓱᑲᓐ ᑲᐸᔅᑕᒃ ᐅᐃᑭᔅᑯ

ᐸᓗᑯ ᐊᒥᖅᓱᑲᓂᔅ ᓴᐱᖅ

ᐸᓗᑯ ᔪᑲᑯᔭᓐ ᐊᒥᖅᓱᑲᓂᔅ ᑕᐃᒪ

ᐊᓐᑕ ᒐᑐᑕᑭᓱᒃ:

1. ᐊᓐ ᒐᐱᑎᖅᐊᒥᓐ ᑯᐃᔅᑯ ᒐᒪᖅᒧᖅᐊᒥᓐ ᐊᖅᑎᖅᒋᓯᑦ ᐱᑦ, ᐊᖅᑎᑭᓯᒃ ᐅᔅᑲᔪᒃ, ᑭᔭ ᐊᓐ ᒥᓯᐅᐊᖅ ᒪᓯᓐᑕᒃ ᒐᐱᑎᖅᐃᑭᓱᒃ.
2. ᒐᐱᑎᖅᐊᒥᓐ ᐊᓐᑕ ᒥᖅᑭᓂᖅᒃ ᑭᔭ ᒐᒋ ᐸᔅᑯᔅᑎᖅᐅᑦ.
3. ᒐᔪᓂᑦ ᐊᓐᑦ ᐅᔅᒃ ᐊᓐ ᒥᖅᑭᓐ ᐱᑦ ᐊᖅᐊᐱᖅᐃᑦ ᑭᔭ ᒐᐱᒋᔅᑎᓂᒥᓐ ᔪᐅᖅᑕᑭᓐ ᑭᔭ ᐸᐸᒃ.
4. ᒐᐃᔅᑲᔭᒋᓂᑦ ᑲᓯᓂᖅᑲᓱᒃ ᐊᖅᐊᐱᖅᑕᐃᓐ.
5. ᒐᐱᖅᑕᐱᔅᑭᖅᐅᑦ ᑭᔭ ᒐᑲᑦ ᑯᐃᑯᓂᑕ ᒐᐊᐱᖅᐊᒥᓐ ᐊᓐ ᑲᓯᓂᖅᑲᓱᒃ ᒐᐊᖅᑎᖅᑭᓯᑦ ᐊᓐᑦ ᐅᔅᒃ.

ᐱᔭᓱ ᐊᐃᖅᑕᐱᔅᑭᖅᓱᑦ

ROASTING TIMETABLE

	ᐊᑎᖅᑐᑎᐸᐸᔅᑯᒋᑭᓐᓱᑦ Weight	ᒋᔅᐱᔅᒐᓐᐊᓐᒐᑎᑦ Temperature	ᒐᐃᔅᐱᓂ ᐱᖅᑕᐱᔅᑭᖅᐅᑦ Time
ᐊᑲ ᐱᑎᖅᐃᑭᓱᒃ Unstuffed	ᐸᓗᑯ ᐱᖅᐃᒪ ᓱᓕ ᒥᓐ ᐊᐱᖅᑐ 1-2 1/2 lbs. (0.5 — 1 kg)	350°F (180°C)	30 ᒥᓂᑯᔅ ᐸᓗᑯ ᑎᐸᐸᔅᑯᒋᑭᓐ 30 min./ 1 lb.
ᐊᒋᖅᐱᖅᑎᖅᐃᑭᓱᒃ Stuffed			35 ᒥᓂᑯᔅ ᐸᓗᑯ ᑎᐸᐸᔅᑯᒋᑭᓐ 35 min./ 1 lb.
ᐊᑲ ᐱᑎᖅᐃᑭᓱᒃ Unstuffed	ᓱᓕ ᒥᓐ ᐊᐱᖅᑐ ᑎᐸᐸᔅᑯᒋᑭᓐ ᑭᔭ ᐅᔅᑕ 2 1/2 lbs & over (1 kg. & over)	325°F (160°C)	30 ᒥᓂᑯᔅ ᐸᓗᑯ ᑎᐸᐸᔅᑯᒋᑭᓐ 30 min./ 1 lb.
ᐊᒋᖅᐱᖅᑎᖅᐃᑭᓱᒃ Stuffed			35 ᒥᓂᑯᔅ ᐸᓗᑯ ᑎᐸᐸᔅᑯᒋᑭᓐ 35 min./ 1 lb.

BROCCOLI AND CHICKEN CASSEROLE

Ingredients:

500ml	2 cups cooked broccoli, in pieces
15ml	1 tbsp. butter or margarine
50ml	1/4 cup onion, chopped
30ml	2 tbsp. green pepper, chopped
30ml	2 tbsp. all-purpose flour
3ml	3/4 tsp. salt
1ml	1/4 tsp. pepper
250ml	1 cup milk
500ml	2 cups cooked chicken, in cubes
120g	4 oz. grated cheese

Method:

1. Melt butter or margarine in a pan placed over another pan containing hot water (double boiler). Add onion and green pepper and cook on a low heat for 10 minutes.
2. Add flour and mix well.
3. Add milk gradually, stirring constantly until thickened. Add seasoning.
4. Add chicken and broccoli and pour into a greased baking dish.
5. Sprinkle with grated cheese.
6. Cook in a 350°F (180°C) oven for 30 minutes.

Adapted from: Modifiez vos recettes traditionnelles, Denise Hunter.

ᐸᐧᕿᑦ ᑭᕐ ᒋᖅᑭᓐ

ᐊᓐ ᒫᓐᑲᓐ ᐃᕐᐱᑎᖅᑐᑦ:

ᓱᕙ ᒥᓂᖅᑲᑭᓐ ᐋᖅᑎᑭᕐᑖᑦ ᐸᐧᕿᑦ ᐋᒋᐱᕐᑭᓗᑦ
ᓱᕙᓐ ᑲᒥᓯᒋᕐᑎᑦ ᐋᒥᖅᑲᓐ ᐱᑦ
ᓱᕙᓐ ᓱᑲᓐᕐᑲᓐ ᒥᓂᖅᑲᑭᓐ ᐋᒋᐱᕐᑭᓗᑦ ᐃᑭᕐᑦ
ᓱᕙ ᑲᒥᓯᒋᕐᑎᑦ ᐋᒥᖅᑲᓐ ᑦᓈᓐ ᐯᐱᕐ ᐋᒋᐱᕐᑭᓗᑦ
ᓱᕙ ᑲᒥᓯᒋᕐᑎᑦ ᐋᒥᖅᑲᓐ ᐱᖅᑲᕐᑭᓂᑦ

ᓱᕙᓐ ᒥᓂᖅᑲᑭᓐ ᐋᒋᑎᑭᓯᑦ ᒋᖅᑭᓐ ᐋᒋᑭᒫᖅᑭᕐᓱᑭᓗᑦ
ᓱᕙᓐ ᓱᑲᓐᕐᑲᓐ ᒥᓂᖅᑲᑭᓐ ᐋᒋᐱᕐᑭᓗᑦ ᐸᐸᑦ
ᓱᕙᓐ ᒥᓂᖅᑲᑭᓐ ᑑᑑᕐᓇᐳᐃ
ᓱᕙ ᒥᓂᖅᑲᑭᓐ ᐋᒋᑎᑭᓯᑦ ᒋᖅᑭᓐ ᐋᒋᑭᒫᖅᑭᕐᓱᑭᓗᑦ
ᓱᕙ ᒥᓂᖅᑲᑭᓐ ᐋᒋᑎᑭᓯᑦ ᒋᖅᑭᓐ ᐋᒋᑭᒫᖅᑭᕐᓱᑭᓗᑦ
ᓱᕙ ᒥᓂᖅᑲᑭᓐ ᐋᒋᑎᑭᓯᑦ ᒋᖅᑭᓐ ᐋᒋᑭᒫᖅᑭᕐᓱᑭᓗᑦ
ᓱᕙ ᒥᓂᖅᑲᑭᓐ ᐋᒋᑎᑭᓯᑦ ᐱᖅᑲᕐᑭᓂᑦ ᓇᑦ ᐊᐅᓐᓯᑦ ᐊᐱᓯᑦ ᑭᑦ

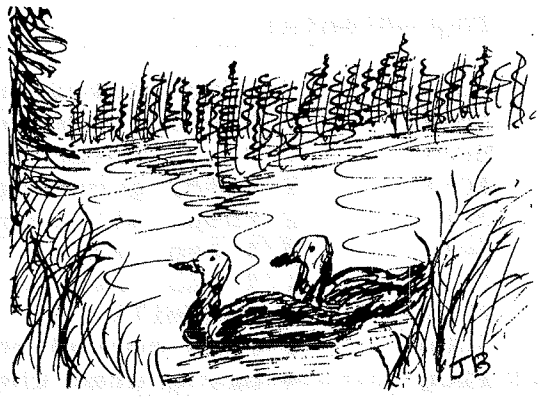
ᐊᓐᑖᑦ ᒫᑑᑖᑭᓗᑦ:

1. ᒫᐅᓯᒥᓐ ᓂᐱᑦ ᑲᐅᓱᕐᑦ ᐋᖅᐊᒋᖅᑖᐃᓐ, ᐃᕐᑦ ᒫᐋᖅᑯᐃᖅᑑᕐᑖᐃᓐ ᑯᑎᑦ ᑲᐅᓱᕐᑦ ᐋᑯᑦ
   ᒫᑎᖅᒋᓯᑦ ᐱᑦ. ᒫᐱᒋᑦᑎᓂᒥᓐ ᓐᐃᑭᕐᑦ ᑭᕐ ᐊᓐ ᑦᓈᓐ ᐯᐱᕐ ᒥᑖᖅᑐ ᒥᓂᑯᕐ ᐸᖅᑲᑦ
   ᒫᑎᑭᓯᒥᓐ.
2. ᒫᐱᒋᑦᑎᓂᓐᑖᑦ ᐱᖅᑲᕐᑭᓂᑦ ᑭᕐ ᑯᐃᑦᑦ ᒫᐃᑖᖅᐋᒥᓐ.
3. ᐸᖅᑲᑦ ᒫᑯᑎᐱᓂᑦ ᑑᑑᕐᓇᐳᐃ ᑲᑦ ᐋᖅᐃᑖᖅᐋᒥᓐ ᑭᕐ ᒫᐱᒋᑦᑎᓂᒥᓐ ᐸᐸᑦ ᑭᕐ ᐅᐅᖅᑖᑭᓐ.
4. ᒫᐱᒋᑦᑎᓂᑦ ᒋᖅᑭᓐ ᑭᕐ ᐊᓐ ᐸᐧᕿᑦ ᐋᑯ ᐋᒋᑐᒫᐱᑦᒋᓂᒥᓐ ᐋᐃᖅᑯᓇᕐᑭᓐ ᒫᐋᐱᒋᖅᑖᐃᓐ.
5. ᒫᐱᓂᐱᖅᐃᑦ ᑭᑦ ᑎᖅᑯᖅᑦ.
6. ᒫᐱᖅᑖᐱᑦᑭᖅᐋᒥᓐ ᓂᑦᑐᒥᑎᓇ ᒥᓂᑯᕐ ᐃᑦᐱᑦ 350 ᐋᐃᖅᑏᑦ ᒋᑦᐱᑦᒫᐋᓐ.

BARBECUED DUCK

Ingredients:

2	2 large wild ducks
50ml	1/4 cup lemon juice and grated rind
30ml	2 tbsp. minced onion
30ml	2 tbsp. vegetable oil
5ml	1 tsp. Worcestershire sauce
1	1 crushed garlic clove
15ml	1 tbsp. paprika
2ml	1/2 tsp. salt
1ml	1/4 tsp. pepper



Method:

1. Pluck, clean and skin ducks and wash thoroughly.
2. Cut in serving pieces and place in a greased baking dish.
3. Combine lemon juice and rind, onion, oil and seasonings and pour over duck.
4. Cover and bake in a 350°F (180°C) oven for 1 hour, basting frequently.

From: Healthy recipes, Saint-Sauveur Hospital, Val d'Or.

ᑐᑐᑉ ᐋᐃᓐᑕᐱᑦᑭᓐᐊᑭᓗᑦ

ᐊᓐᒐᓐᑲᓐ ᐃᔭᐃᑎᓐᑦ:

ᓱᓕ ᑐᑐᐱᑦ

ᐋᓯᑯ ᓂᑲᑯᔭᓐ ᒥᓂᓐᑲᑭᓐ ᓗᒥᓐ ᑑᑦ ᑭᔭ ᐊᓐ ᐋᐅᓂᑲᐅᑦ ᐋᓐᐋᑦᒋᐃᑦ

ᓱᓕ ᑲᒥᓯᒋᑦᑎᑦ ᐋᒥᓐᑲᓐ ᐅᐃᑭᑦᑯ ᐋᒋᐱᒋᑦᑭᓐᐃᑭᓗᑦ

ᓱᓕ ᑲᒥᓯᒋᑦᑎᑦ ᐋᒥᓐᑲᓐ ᐱᒥ

ᐋᓯᑯ ᐋᒥᓐᑲᓂᑦ ᐅᐃᑦᑦᑎᑦᑐᑦ ᐅᑦᑦ

ᐋᓯᑯ ᐋᐱᑦᑎᓐᒋᒧᓂᑦ ᑲᑦᓕᑦ ᐋᒋᐱᒋᑦᑭᓐᐃᑭᓗᑦ

ᐋᓯᑯ ᑲᒥᓯᒋᑦᑎᑦ ᐋᒥᓐᑲᓐ ᐊᑉᓇᑲ

ᐋᐱᓐᑑ ᐋᒥᓐᑲᓂᑦ ᑐᐅᓐᑕᑭᓐ

ᐋᓯᑯ ᓂᑲᑯᔭᓐ ᐋᒥᓐᑲᓂᑦ ᐊᐊᑦ

ᐊᓐᑕ ᒐᑐᑎᑭᓗᑦ:

1. ᒐᐱᑦᑯᓂᑦ ᑭᔭ ᒐᒥᒥᐸᓐᑑᓐᑕᑦ ᐊᓐᒋ ᑐᑐᐱᑦ ᑭᔭ ᑯᐃᑦᑯ ᒐᒋᑦᑕᐊᓐᐃᓐᑕᑦ.
2. ᒐᐱᑯᓐᑕᑦ ᑭᔭ ᐋᐃᓐᑯᓇᐅᔭᑭᓂᓐᑦ ᒐᐊᓯᓐᐃᓐᑕᑦ ᐋᒋᑑᒐᐱᑦᒋᓂᑭᓗᑦ.
3. ᒐᒐᒧᓂᒥᓐ ᓗᒥᓐ ᑑᑦ ᑭᔭ ᐊᓐ ᐋᐅᓂᑲᐅᑦ ᐋᓐᐋᑦᒋᐃᑦ, ᓐᐃᑭᑦᑯ, ᐱᒥ ᑭᔭ ᐊᓐ ᑯᑎᑦ ᒐᓐᑲᓐ ᐊᓐᑦ ᑐᑐᐱᓐᑦ ᐅᑦᑦ ᐋᑯᑦ ᒐᑯᑎᐱᓂᒥᓐ.
4. ᒐᑯᓂᓐᒋᓐᐋᓐᐋᒥᓐ ᑭᔭ ᒐᐱᓐᑕᐱᑦᑭᓐᐅᓐᑕᑦ ᐊᓯᓐᑲᑦ ᐋᒋᓂᓐᑲᓂᓐᑕᐃᑦ ᐃᑦᐱᑦ ᑭᔭ ᒥᓐᒐᓐᑕᑦ ᒐᐃᓯᑯᑎᐱᓐᑕᐃᓐ ᑎᓐᑯᓐᑦ ᐊᓐ ᐋᓂᐱᐅᑦ.

DUCK AND RICE CASSEROLE

Ingredients:

15ml	1 tbsp. onion, minced
200ml	3/4 cup celery, sliced
15ml	1 tbsp. butter
1	1 beef bouillon cube
250ml	1 cup hot water
50ml	4 tbsp. catsup, if desired
250ml	1 cup rice, uncooked
250ml	1 cup cooked duck, cubed

Method:

1. Cook onion and celery in butter until tender and place in a baking dish.
2. Dissolve bouillon cube in boiling water. Add to the dish with remaining ingredients.
3. Cook at 350°F (180°C) about 30 minutes until rice is tender and all liquid is absorbed. Serves 4.

ᔪᔪᑉ ᑭᔭ ᐅᓐᑲᓂᒃ ᐊᐱᑕᐱᒃᑭᒥᐃᒐᒃ

ᐊᓐ ᒐᓐᑲᓐ ᐃᔭᐱᑎᒥᒃ:

ᐋᓐᑯ ᑲᒥᓯᒋᒃᑎᒃ ᐊᒥᒥᓐᑲᓐ ᐊᒋᐱᒋᒃᑭᒥᐃᑭᒃ ᓐᐃᑭᒃᑯ

ᓂᒃᑐ ᓱᑲᑯᔭᓐ ᒥᓂᒥᓐᑲᑭᓐ ᓴᓂᒃ ᐊᒋᐸᓂᓱᑭᒃ

ᐋᓐᑯ ᑲᒥᓯᒋᒃᑎᒃ ᐊᒥᒥᓐᑲᓐ ᐱᑦ

ᐋᓐᑯ ᐱᐸ ᐳᓐᔭᓐ ᓐᔪᐸ

ᐋᓐᑯ ᒥᓂᒥᓐᑲᑭᓐ ᐊᐅᒥᑕᒃ ᓂᐱ

ᓇᒃ ᑲᒥᒃᒋᒃᑎᒃ ᐊᒥᒥᓐᑲᓐ ᑫᒐᐸ

ᐋᓐᑯ ᒥᓂᒥᓐᑲᑭᓐ ᐊᑲ ᑎᑭᓯᒃ ᐅᓐᑲᓂᒃ

ᐋᓐᑯ ᒥᓂᒥᓐᑲᑭᓐ ᐊᒋᒥᑭᒥᒃᑕᓐᑭᓐᑦ ᔪᔪᑉ

ᐊᓐᑕ ᒐᑐᑕᑭᓐᒃ:

1. ᒐᒃᒃᒃᒋᒥᒥᓐᑲᑎᒥᓐ ᓐᐃᑭᒃᑯ ᑭᔭ ᓴᓂᒃ ᐱᑦ ᐊᒥᐊᐱᒋᒥᐃᑦ ᐸᐅᒃ ᑭᒃᑕᓐᑲᓐᐊᓐ
2. ᒐᑎᒥᑲᐊᐅᑕᐃᓐ ᐊᓐ ᐳᓐᔭᓐ ᓐᔪᐸ ᐊᐅᒥᑕᒃ ᓂᐱᒥᒃᓐ ᐊᒥᐊᒃᑎᓂᒥᓐ ᐊᓂᒥᐃ ᑯᑎᒃ ᒐᓐᑲᓂᒥᐃᓐ
3. ᒐᐱᒥᑕᐱᒃᑭᒥᐊᒥᓐ ᐊᐱᒥᐅ ᐊᒋᓂᓐᑲᓂᒥᑕᑦ ᐱᓯᒧᒥᑲᓐ ᐸᐅᒃ ᑭᒃᑕᒐ ᐊᓐ ᒥᒋᒃ ᑭᔭ ᒪᒥᒋᐱᒐ ᓂᐱ 350 ᐊᐃᒥᑦᑎᑦ ᒋᔭᐱᒃᒐᓐᐊᓐ ᓇᒃ ᐊᓐᐊᓐᒋ ᑭᑕᐳᒥᐅᑯᒃ

BEAVER PORRIDGE

Ingredients:

1 skinny beaver
water
salt
lard
rice, peas or oats

Method:

1. Clean the beaver, cut it into pieces and boil the meat until it is tender.
2. Take the bones out. Add the salt, lard and the rice or oats.
3. Stir it well and simmer. Serves 8-10.

From: Great Whale River Community Cookbook

ᐊᒥᔅᑯ ᐃᑖᑊᐃᑭᓐ

ᐊᓐ ᒐᓐᑲᓐ ᐃᔭᐱᑎᑊᒃ:

ᐹᐳᑯ ᐊᒥᔅᑯ ᐊᑲ ᓇᔅᒃ ᓐᐃᓯᑦ

ᓂᐱ

ᔫᐅᑊᑖᑭᓐ

ᐱᒥ

ᐅᔅᓐᑲᔫᒃ, ᐱᔅ ᑭᔭ ᒪᒃ ᐃᓱᒥᓂᒃ

ᐊᓐᑖ ᒐᑐᑎᑭᓗᒃ:

1. ᒐᒥᒥᓯᑊᑯᑦ ᐊᓐ ᐊᒥᔅᑯ ᑭᔭ ᒐᐱᑯᓐᑦ᙮ ᒐᐱᑲᑊᐃᑦ ᐹᔅ ᑭᔅᑖᒐ ᐊᓐ ᒥᑭᒪ᙮
2. ᒐᐅᑎᓂᒥᓐ ᐊᓂᑊᐃ ᐅᔅᑭᓐᑊ, ᒐᔫᐅᑊᑖᐃᓐ ᑭᔭ ᒐᐱᑭᔅᑎᓂᒥᓐ ᐱᒥ, ᐅᔅᓐᑲᔫᒃ ᑭᔭ ᒪᒃ ᐊᓱᒥᓂᒃ᙮
3. ᒐᐃᑖᑊᐊᒥᓐ ᑯᐃᔅᑯ ᑭᔭ ᐹᑊᑲᒃ ᒐᐅᓯᒥᓐ᙮ ᓂᔭᓐᓐ᙮ ᑭᔭ ᒪᒃ ᒥᑖᑊᑐ ᐊᓐᐊᓐᑭ ᒋᑭᔅᐱᓱᒃ ᐅᔭ ᐊᒥᒋᒃ᙮

OLD FASHIONED BAKED BEANS

Ingredients:

450g	1 pound dry white beans (2 1/4 cups)
1 1/2L	6 cups cold water
15ml	1 tbsp. oil
115g	1/4 pound salt pork, cubed or 5 slices bacon
375ml	1 1/2 cup bean liquid
50ml	1/4 cup molasses
50ml	1/4 cup brown sugar
30ml	2 tbsp. catsup
2ml	1/2 tsp. salt
2ml	1/2 tsp. pepper
2ml	1/2 tsp. dry mustard

Method:

1. Put beans and water in a large saucepan. To reduce foaming, add 1 tbsp. oil. Bring to a full rolling boil; boil, covered for 2 minutes. Set aside for 1 hour.

2. Return beans to a boil, reduce heat; simmer, covered for 40 minutes. Drain, reserving liquid.

3. Pour beans into a 2-quart bean pot. Stir in pork.

4. Combine remaining ingredients and pour over beans.

5. Bake, covered for 3 1/2 hours at 300°F (150°C). Uncover. Bake for an additional 30 minutes. Add more bean liquid if necessary. Makes 6 cups (1 1/2L)

From: The delicious dependable bean, Ministry of Agriculture and Food, Ontario.

ᐸᓐᑭᒃᑲᓪᓗ ᑲᒋᐃᑖᓂᐊᓐᓗᒃ ᐱᓂᓯᒃ

ᐊᓐ ᒐᐧᑲᓐ ᐃᔭᐱᑎᖅᓪᓗ:

ᐹᓗᑯ ᑎᐸᐸᕐᑯᒋᑭᓐ ᑲᐧᐊᐱᓯᒃ ᑲᐸᓯᒃ ᐱᓂᓯᒃ

ᑯᐧᑖᕐᒃ ᒥᓂᖅᐧᑲᑭᓐ ᐊᖅᑎᖅᒋᑭᒥᒃ ᓂᐱ

ᐹᓗᑯ ᑲᒥᓯᒋᕐᑎᒃ ᐊᒥᖅᐧᑲᓐ ᐱᒥ

ᐹᓗᑯ ᓱᑲᑯᔭᓐ ᑎᐸᐸᕐᑯᒋᑭᓐ ᑯᖅᑯᕐ ᑭᔭ ᒪᒃ ᓂᔭᓪ ᐸᓱᑯᖅᑯᓱᐧᐊᓐ

ᐹᓗᑯ ᒥᓐ ᐊᐱᖅᑑ ᒥᓂᖅᐧᑲᑭᓐ ᐱᓂᓯᒃ ᐊᒋᖅᐊᑯᖅᒋᖅᒃ

ᐹᓗᑯ ᓱᑲᑯᔭᓐ ᒥᓂᖅᐧᑲᑭᓐ ᒥᓛᓯᕐ

ᐹᓗᑯ ᓱᑲᑯᔭᓐ ᒥᓂᖅᐧᑲᑭᓐ ᐅᕐᐅᓐᑲᒃ

ᓐᓂ ᑲᒥᓯᒋᕐᑎᒃ ᐊᒥᖅᐧᑲᓐ ᕿᒐᐸ

ᐊᐱᖅᑑ ᐊᒥᖅᐧᑲᓂᕐ ᓱᐅᖅᑖᑭᓐ

ᐊᐱᖅᑑ ᐊᒥᖅᐧᑲᓂᕐ ᐸᐸᒃ

ᐊᐱᖅᑑ ᐊᒥᖅᐧᑲᓂᕐ ᑲᐸᕐᑖᒃ ᒪᕐᑎᕐᑦ

ᐊᓐᑖ ᒐᑐᑖᑭᓐᓗᒃ:

1. ᒐᐱᑲᖅᐃᐧᑖᒃ ᐱᓂᓯᒃ ᐊᒥᕐᐃᒃ ᑲᐅᓐᓱᒃ ᐊᖅᐊᐱᒋᖅᑖᐅᑦ ᐊᑲ ᒪᒃ ᓈᕐᒃ ᒐᒋᐱᕐᑖᐅᐱᒃ ᐸᓐᑯ ᐊᒥᖅᐧᑲᓐ ᑲᒥᓯᒋᕐᑎᒃ ᐱᒥ ᒐᐱᒋᕐᑎᓂᒥᓐ ᐃᕐᑯᑎᒃ ᒋᖅᒋᐧᐊ ᐅᓯᐧᑖᐧᐊ ᒐᑯᓂᖅᒋᐧᐊᖅᐅᐧᑖᒃ ᑭᔭ ᒐᐅᓯᐧᑖᒃ ᓐᓂ ᒥᓂᑯᕐ ᐃᕐᐱᕐ ᒐᐊᐧᑲᓂᐧᑖᒃ ᑭᔭ ᓂᒥᒋᑭᐱᒪᐃᒪᐅᒃ ᐸᓐᐧᑲᒃ ᐊᒋᓂᐧᑲᓂᖅᑖᐃᒃ ᐱᓯᒧᖅᑲᓐ

2. ᒥᓐ ᒐᐅᓯᐧᑖᒃ, ᒐᐊᒍᓂᑦ ᒋᕐᐱᕐᒐᐧᐊᓐ, ᐸᖅᑲᒃ ᒐᐅᓯᐧᑖᒃ ᐊᑯᓂᖅᒋᐧᐊᖅᐅᐧᑖᒃ ᓈᒥᑎᓗ ᒥᓂᑯᕐ ᐃᕐᐱᕐ ᒐᓱᕐᑲᐸᒋᐱᖅᐃᐧᑖᒃ ᑭᔭ ᓂᒥᒋᑭᐧᐊᐱᓈᓐ ᐊᓐ ᓂᐱᓐ
3. ᓂᐱᑭᕐᒋᖅᑯᖅᒃ ᒐᐱᒋᕐᑎᓂᐧᑖᒃ ᐊᓐᒋ ᐱᓂᓯᒃ ᑭᔭ ᐊᓐ ᑯᖅᑯᕐ ᐊᓐᑖ ᒐᐃᓱᐱᒋᕐᑎᓂᑦ
4. ᒐᒪᒧᐱᖅᑖᐃᓐ ᐊᓐᖅᐃ ᑯᑎᒃ ᒐᐧᑲᓂᖅᐃ ᑭᔭ ᐊᓐᑖ ᐱᓂᓯᒃ ᐊᐃᖅᑖᒃ ᒐᐃᓱᑯᑎᐱᓂᒥᓐ
5. ᒐᐱᖅᑖᐱᕐᑭᖅᐅᐧᑖᒃ ᐊᑯᓂᖅᒋᐧᐊᖅᐅᐧᑖᒃ ᓂᕐᐧᑖᒃ ᒥᓐ ᐊᐱᖅᑑ ᐊᒥᓂᐧᑲᓂᖅᑖᐃᒃ ᐱᓯᒧᖅᑲᓐ 300 ᐊᐃᖅᑏᑦ ᒋᕐᐱᕐᒐᐧᐊᓐ ᒥᓐ ᓂᕐᑐᒥᑎᓗ ᒥᓂᑯᕐ ᒐᐱᖅᑖᐱᕐᑭᖅᐅᐧᑖᒃ ᐊᑲ ᑯᓂᖅᒋᐧᐊᖅᐅᐧᑖᒃ ᒐᓂᐱᑭᖅᑑᐧᑖᒃ ᒪᓐ ᐊᑎᒪᖅᒋᐱᒃ ᐊᓐ ᓂᐱ, ᐊᓐ ᑭᐧᐸ ᓱᕐᑎᒻ ᑲᐅᓯᐧᑖᒃ ᓂᐱ ᐊᐅᑯ ᒐᐊᐱᒋᖅᑖᐃᓐ ᐧᐃᕐᐧᐊ ᑯᐧᑖᕐᒃ ᒥᓂᖅᐧᑲᑭᓐ ᑭᑎᖅᑎᓐᒃ

PORK CHOPS CASSEROLE

Ingredients:

8	8 pork chops, 1/2 inch thick
30ml	2 tbsp. oil
1	1 small can tomatoes
2	2 cloves of garlic, finely chopped
1	1 green pepper, minced
1	1 onion, minced
10ml	2 tsp. sugar
2ml	1/2 tsp. salt
1ml	1/4 tsp. pepper
15ml	1 tbsp. dried parsley

Method:

1. Trim any excess fat from chops.
2. In a large frying pan, brown the pork chops in oil.
3. Add tomatoes, garlic, green pepper, onion, sugar, salt, pepper and parsley.
4. Cover and cook at medium heat until meat is tender (about 25 to 30 minutes).

ᑯᒃᑯᓐᓴᐅᑦ – ᓄᑖᑦᑕ ᓄᒐᑦᑕ – ᐊᐃᒃᑖᐱᑦᓇᐃᓐᓴᒃ

ᐊᓐ ᒐᓄᓐᑲᓐ ᐃᓴᐱᑎᒃᑦ:

ᓂᒃᑯᓐᓇ ᑎᒃᑐ ᓄᑖᑦᑕ ᓄᒐᑦᑕ ᐊᐱᒃᑑ ᒥᒋᒃᒋᓐ ᐊᐃᖕᐱᓯᒋᑦᐱᑲᒃ - ᐊᐃᖕᐱᓯᒋᑦᐱᑲᐅᑲᒃ

ᓂᖕ ᑲᒥᓯᒋᑦᑎᒃ ᐊᒥᒃᓄᑲᓐ ᐱᒃ

ᐊᓐᓄ ᐃᓄᓴᐱᑦᑯᑦ ᐊᒃᐊᓐᑖᓴᓯᒃ ᑎᒪᑐᑦ

ᓂᓐᓴᒃ ᐊᐱᖕᑎᒃᒋᒧᓯᒃ ᑲᑦᓕᒃ ᓇᖕᒃ ᐊᒋᐃᓯᓯᓇᒃ

ᐊᓐᓄ ᒃᓈᓐ ᐯᐱᑦ ᐊᒋᐱᒋᖕᓇᒃᐃᓇᒃ

ᐊᓐᓄ ᓐᐃᓇᖕᓄ ᐊᒋᐱᒋᖕᓇᒃᐃᓇᒃ

ᓂᖕ ᐊᒥᒃᓄᑲᓂᖕ ᓅᑲᒃ

ᐊᐱᒃᑑ ᐊᒥᒃᓄᑲᓂᖕ ᓯᐅᒃᑖᓇᓐ

ᐊᓐᓄ ᓯᑲᓄᓴᓐ ᐊᒥᒃᓄᑲᓂᖕ ᐊᐊᒃ

ᐊᓐᓄ ᑲᒥᓯᒋᑦᑎᒃ ᐊᒥᒃᓄᑲᓐ ᐊᐊᖕᑖᒃ ᐊᑦᓯᓐᑦ

ᐊᓐᑖ ᒐᑐᑎᓇᒃᑦ:

1. ᒐᒥᓂᓯᒥᓐ ᐊᓐᐃᓐᓴᐅᑲᒃ ᓐᐃᓴᓯᒃᑦ.
2. ᒐᑲᒃᒐᐅᓯᒥᓐ ᓐᐃᓴᑦ ᐊᒥᓅᒃ ᐊᓂᑦᒋᒃᑯ ᐊᒃᐊᐱᒋᒃᑖᐃᓐ ᓴᑦ ᐱᒃ.
3. ᒐᐱᒋᑦᑎᓂᒥᓐ ᑎᒪᑐᑦ, ᑲᑦᓕᒃ, ᒃᓈᓐ ᐯᐱᑦ, ᓐᐃᓇᖕᑯ, ᓅᑲᒃ, ᓯᐅᒃᑖᓇᓐ, ᑖᑖᒃ ᓴᑦ ᐊᑦᓯᓕ.
4. ᒐᑯᓂᒃᒋᓐᐊᒃᐊᒥᓐ ᐊᐱᒃᑑ ᐊᐃᒃᑏᑦ ᒋᑦᐱᑦᒐᓐᐊᓐ ᐊᑐᖕ ᓴᑦᑖᒐ ᐊᓐ ᓐᐃᓴᑦ ᓂᖕᑎᓇ ᓂᒃᓴᓐᑦ ᓴᑦ ᒪᒃ ᓂᖕᑐᒥᑎᓇ ᒥᓂᑯᖕ.

DESSERTS

ᐊᔪᐧᐊᒃ ᒐᐧᑲᓐ ᒪᒃᒃ ᐊᒥᒋᓇᓄᒃ