

### Method:

- From: The Bay Nutrition Newsletter

$\begin{array}{ccccccc} \dot{\Delta} & \dot{\Gamma} & \dot{\Gamma} & \dot{\Gamma} & \dot{\Gamma} & \dot{\Gamma} & \dot{\Gamma} \\ \downarrow & \downarrow & \downarrow & \downarrow & \downarrow & \downarrow & \downarrow \\ \Delta & \Gamma & \Gamma & \Gamma & \Gamma & \Gamma & \Gamma \end{array}$

△<sub>a</sub> j̇ . ḃ<sub>a</sub> q̇ ṅ . △<sub>a</sub> || Ċ ḋ || l̇ :

$$\sigma^{\omega} \supset \mathcal{S} \dot{b} d \dot{L}^{\omega} \sqcup \Gamma_{\sigma} \parallel \cdot \dot{b} \rho^{\omega} \sqcup \dot{\omega} \dot{\omega} \mathcal{S} \dot{a} > \Delta$$
$$\dot{\angle} \dot{\triangle}^d \quad \dot{\triangle} \parallel \dot{\triangle} \wedge \dot{s} \dot{f} \dot{v} \quad \Lambda \ddot{q} \ddot{q} \quad p \dot{\angle} \quad \dot{L}^b \quad d \cap^b \quad \Delta P^c$$

$\dot{\angle} \Gamma^d \quad \dot{b} \Gamma \Gamma^i n^b \quad \dot{\Delta} \Gamma || \cdot \dot{b}_a \quad \dot{\Delta} j \sim b^\circ$

△<sub>1</sub> C<sub>1</sub> L<sub>1</sub> D<sub>1</sub> C<sub>2</sub> P<sub>1</sub> Q<sub>1</sub> :

- $$1. \quad \dot{L} \dot{\Delta} \dot{C} \dot{L} \dot{P} \dot{\Gamma} \dot{\Lambda} \parallel \dot{C} \dot{\Delta} \dot{e} \quad \leftarrow \dot{\gamma} \dot{e} \dot{\Pi} \dot{\gamma} \quad \dot{\Delta} \parallel \dot{\Delta} \dot{\Lambda} \dot{\Gamma} \parallel \dot{C} \dot{\Delta} \dot{e} \quad \leftarrow \dot{\gamma} \dot{\gamma} \quad \dot{\Lambda} \dot{\gamma} \dot{C} \dot{\Delta} \dot{\Lambda} \dot{L} \dot{x} \quad \dot{\Pi} \dot{\gamma} \dot{\Delta} \dot{\gamma} \dot{L} \dot{\gamma} \quad \dot{L} \dot{L} \dot{\Pi} \dot{\sigma} \dot{\gamma} \dot{\Delta} \dot{e} \dot{x}$$
- $$\dot{\Delta} \dot{\Gamma} \dot{d} \quad \dot{\Gamma} \dot{d} \quad \dot{\Delta} \dot{\gamma} \dot{e} \quad \dot{\Delta} \dot{L} \dot{\gamma} \quad \dot{P} \dot{\Pi} \dot{\gamma} \dot{\Lambda} \dot{\Delta} \dot{x}$$

## BANNOCK ENRICHED

### Ingredients:

625ml	2 1/2 cups flour
50ml	1/4 cup skim milk powder
2ml	1/2 tsp. salt
20ml	4 tsp. baking powder
200ml	3/4 cup water
30ml	2 tbsp. oil (or peanut butter*)

### Method:

1. Sift dry ingredients. Mix them well in a bowl.
2. Add water and oil (or peanut butter). Stir until the flour is wet.
3. Knead slightly if desired.
4. Shape into patties. Place into a greased baking dish.
5. Cook until golden brown on one side and then turn over to cook other side.

Note: You can add berries, raisins, dates, lichen or fish eyes to bannock recipe.

You can substitute the 2 1/2 cups flour of the recipe for:

1 1/2 cup all purpose flour and 1 cup whole wheat flour  
or

1 cup all-purpose flour and 1 cup oats

\* if you use peanut butter, do not add salt

Adapted from: Healthy Recipes, Saint-Sauveur Hospital, Val d'Or.



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[illegible]

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— — — — —

- [illegible]

[illegible]
$$\dot{\Delta} \Gamma \parallel \dot{\Delta} \dot{C} \quad \dot{\Lambda}_Q^C < \dot{\Gamma}^S \quad \dot{b} \cdot \dot{\Delta} \quad \dot{\Delta} \Gamma \parallel \dot{C} \quad \dot{J} \triangleright \parallel \dot{C} \rho_{a_x}$$



## DUMPLINGS #1

### Ingredients:

500ml	2 cups flour
12ml	2 1/2 tsp. baking powder
2ml	1/2 tsp. salt
	water (or milk)

### Method:

1. Mix flour, baking powder and salt. Add water (or milk)
2. Drop a large spoonful on top of the stew. Cover.  
Do not remove the cover for 15 minutes or until cooked.

Adapted from: Great Whale River Community Cookbook

## DUMPLINGS #2

### Ingredients:

200ml	3/4 cup flour
10ml	2 tsp. baking powder
2ml	1/2 tsp. salt
1	1 egg
75ml	1/3 cup milk

### Method:

1. Sift flour with baking powder and salt
2. Beat the egg slightly and add milk.
3. Add egg and milk to the dry ingredients stirring just enough to moisten them.

From: Northern Cookbook, Eleanor A. Ellis

$$\geq r_{\sigma} f^L : 1$$

△<sub>a</sub>     $\dot{\bar{c}} \cdot \dot{\bar{b}}_a$      $\Delta \dot{\bar{c}} \wedge \cap \parallel \dot{\bar{c}} :$

$$\sigma \sim \Gamma_{\sigma} \cdot \dot{b} \rho \sim \Lambda \cdot \dot{b} \mathcal{S} \rho_{\sigma}$$

$\sigma \sim \Gamma_a \quad \triangleleft \wedge \parallel \supset \quad \triangleleft \Gamma \parallel \cdot \dot{b} \sigma^s \quad \triangleright \parallel \wedge \rho^a$

$\dot{\Delta} \wedge \parallel \dot{\cup}$      $\dot{\Delta} \Gamma \parallel \cdot \dot{b} \sigma^s$      $\dot{J} \triangleright \parallel \dot{C} \rho^a$

σΛ ρ↳ ℒ<sup>b</sup> ≡ ≡ s<sub>q</sub> > Δ

△ e C L D C P b :

1.  $\ddot{U}\ddot{L}\ddot{J}''\dot{\nabla}\Gamma^a \wedge'' \cdot \dot{b}\dot{\rho}\sigma^b, \triangleright''\wedge\rho^a \rho\dot{\dot{z}} \dot{J}\triangleright''\dot{C}\rho^a{}_x \quad \sigma\dot{\lambda} \dot{U}\wedge\rho^b\cap\sigma\Gamma^a{}_x$

2.  $\nabla \Gamma^{\mu}{}_{\nu} \cdot \dot{b}^{\nu} = \nabla \Gamma^{\mu}{}_{\nu} \Gamma^{\nu}{}_{\rho} \dot{b}^{\rho} = \nabla^{\mu} \nabla \Gamma^{\nu}{}_{\rho} \dot{b}^{\rho} = 0$   $\nabla^{\mu} \dot{b}^{\nu} = \dot{b}^{\nu} \cdot \dot{\sigma}^{\mu}{}_{\nu}$   $\dot{b}^{\mu} \Gamma^{\nu}{}_{\mu} \dot{p}^{\mu} \cdot \dot{C}^{\nu} = \dot{b}^{\mu} \sigma^{\mu}{}_{\nu} \cdot \dot{q}^{\nu} \cdot \dot{C}^{\nu}$

$$\sigma^{\dot{1}}\tau^{\dot{2}}\leq \Gamma\sigma^{\dot{3}}\Delta^{\dot{4}}\Lambda^{\dot{5}}\rho^{\dot{6}}\bar{L}^{\dot{6}}\cap\rho^{\dot{7}}\cdot\bar{C}^{\dot{8}}\cdot\bar{A}^{\dot{9}}_x$$
$$\gamma_{\sigma} \gamma^{\mu} \gamma_{\sigma} = -\gamma^{\mu}$$

◁ a j • b a Δ ↗ ∧ ∩ ∥ ∪ ∴

$$\sigma^{\mu\nu} \partial_\mu \partial_\nu \phi = \Gamma_{\sigma\mu} \cdot \partial^\mu \rho = \Lambda^\mu \cdot \partial_\mu \rho \sigma^\mu$$

•  
σ<sub>2</sub>    ΔΓ<sup>•</sup> || •  
•  
b σ<sup>s</sup>    Δ || Λ ρ<sub>2</sub> a

$\dot{\Delta} \wedge \parallel \dot{\cup}$      $\dot{\Delta} \Gamma \parallel \cdot \dot{b} \sigma^s$      $\dot{J} \triangleright \parallel \dot{C} \rho \circ$

$$\frac{1}{3} \Gamma_{\sigma''} \cdot \dot{\bar{b}} \rho_a \quad \ddot{\omega} \dot{\omega} \dot{s}_a > \Delta$$
[illegible]

1.  $\dot{U} \dot{J} d \cdot \dot{Q} \dot{\Lambda} \parallel \dot{\Delta} \cdot \dot{C}^{\circ} \wedge \parallel \cdot \dot{b} \dot{J} p \sigma^{\mu} \dot{Q} \parallel \dot{Q}^{\circ} \cap \sigma \Gamma^{\circ} \dot{J} \triangleright \parallel \dot{C} p^{\circ} \rho \dot{L}^{\circ} \triangleright \parallel \wedge \rho^{\circ} a_{\times}$

- $$2. \quad \dot{U} \Delta \dot{C} \parallel \dot{A} \Gamma_a \cdot \dot{A}^{\circ} \triangleleft \wedge \dot{J}^s, \quad P \dot{L} \dot{U} \wedge \Gamma^s \cap \sigma^c \dot{\dot{U}} \dot{\dot{J}}^s \dot{Q} \triangleright \Delta_x$$

- [illegible]

## BROCCOLI

### Ingredients:

Fresh broccoli  
5ml 1 tsp. salt

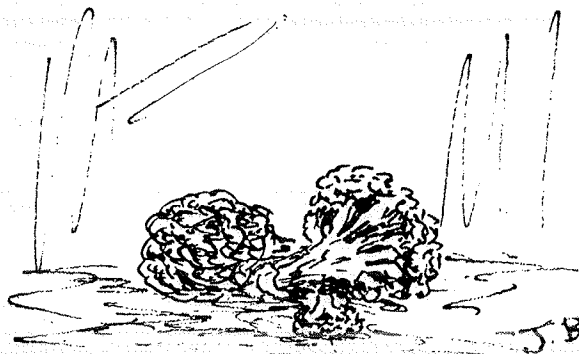
### Method:

1. Rinse broccoli well, then soak in cold water.
2. Drain from water, separate flowerets from main stalk and split the stalks. Discard any woody portions.
3. Boil uncovered until tender, in just enough salted boiling water to cover.
4. Drain and serve.

### Variations:

1. Serve with a white sauce made from 1 cup (250ml) milk, 2 tbsp. (30ml) butter, 1/2 tsp. (2ml) salt, 1/4 tsp. (1ml) pepper. Melt the butter, add the flour and seasonings and stir until the flour has absorbed the butter. Gradually, add the cold milk, stirring constantly until thick and smooth. Reduce heat and simmer 7 minutes.
2. Serve with cheese sauce. Use recipe for white sauce above, but add 1/4 cup (50ml) grated cheese at the last and simmer until cheese has melted. Sprinkle a dash of paprika over the sauce for added color.

Adapted from: Northern Cookbook, Eleanor A. Ellis





## BRUSSEL SPROUTS

### Ingredients:

450 g.                      1 pound fresh brussel sprouts  
2ml                        1/2 tsp. salt

### Method:

1. Wash brussel sprouts, remove outer leaves if discolored or wilted.
2. Place in enough salted boiling water to cover and boil uncovered until tender, leaving the lid off. Do not overcook, as this reduces the colour and strengthens the flavor.
3. Drain well and serve.

### Variations:

1. Serve with white sauce or cheese sauce (see broccoli, for recipe)
2. Cook brussels sprouts as above, then place in a buttered baking dish. Mix 1 tin condensed cream of mushroom sauce with 1/4 cup (50ml) of milk and pour over the sprouts. Top with 1/2 cup (125ml) grated cheese mixed with 1 cup (250ml) buttered bread crumbs. Bake in a 350°F (180°C) oven till contents are well heated and the top is nicely browned (about 30 to 40 minutes). Serve hot.

Adapted from: Northern Cookbook. Eleanor A. Ellis

